<table>
<thead>
<tr>
<th>Indoor Track and Field</th>
<th>Outdoor Track and Field</th>
</tr>
</thead>
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<td>Jan. 28-29 Rod McCravy Memorial Meet</td>
<td>March 24-26 North Carolina State Raleigh Relays</td>
</tr>
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<td>Feb. 5 Middle Tennessee State Invitational</td>
<td>April 2 Centre College Invitational</td>
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<td>Feb. 9-13 Washington Husky Indoor Open</td>
<td>April 7-9 Tennessee Sea-Ray Relays</td>
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<td>Feb. 11 Indiana Hoosier Hills Open</td>
<td>April 14-16 Mt. SAC Relays</td>
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<tr>
<td>Feb. 25-26 OVC Indoor Championships</td>
<td>April 22-23 Indiana Hoosier Invitational</td>
</tr>
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<td>March 4-5 Notre Dame Last Chance Meet</td>
<td>April 27-30 Penn Relays</td>
</tr>
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<td>March 4-5 Virginia Tech Final Qualifier</td>
<td>May 5-7 OVC Outdoor Championships</td>
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<td>March 10-12 NCAA Indoor Championships</td>
<td>May 13-14 Louisville Twilight</td>
</tr>
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<td>May 26-28 NCAA East Region Championships</td>
</tr>
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<td></td>
<td>June 8-11 NCAA Outdoor Championships</td>
</tr>
</tbody>
</table>

OVC Cross Country Champions
2006 • 2007 • 2008 • 2009 • 2010
Quick Facts

General Information
Location .................................................... Richmond, Ky.
Founded ..................................................... 1906
Enrollment .................................................. 16,200
Nickname .................................................... Colonels
Colors ......................................................... Maroon and White
Affiliation ................................................... NCAA Division I
Conference ................................................ Ohio Valley
President .................................................... Dr. Doug Whitlock
Director of Athletics ................................. Mark Sandy
Athletics Department Phone .................... (859) 622-2120

Team Information
Head Coach ................................................ Rick Erdmann
Alma Mater ............................................... Ashland, ’65
Office Phone ............................................. (859) 622-2126
Email ......................................................... rick.erdmann@eku.edu
Assistant Coach ........................................... Tim Moore
Alma Mater ............................................... Berea, ’77
Office Phone ............................................. (859) 622-2130
Email ......................................................... tim.moore@eku.edu

Track and Field Homepage .................... www.track.eku.edu

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Credits
The Eastern Kentucky University Cross Country/Track and Field Informational Guide was produced by the Eastern Kentucky Athletics Public Relations Department. The guide was designed, written and edited by Steve Fohl with editorial assistance from Michael Clark. Photography by Chris Radcliffe, Tim Webb the Tennessee Tech Athletics Department, Eric Wilson and Don Claussen. Special thanks to Katelyn Danbury.

Jackie Humphrey-Corbin, a former All-American at Eastern Kentucky University, won the 100-meter hurdles at the United States Olympic Trials in 1988 (set trials record of 12.83). She represented the United States as the country’s number one hurdler at the Seoul, South Korea Olympic Games.
How to Get to EKU

From Cincinnati, Ohio and Points North:
Take I-75 South through Lexington, Ky. Continue south on I-75 Richmond/Knoxville to exit #87 (second Richmond exit). Make a left and cross over the interstate heading east on the Richmond bypass for one mile and you will see the main EKU campus on the left.

From Huntington, W.Va., and Points East:
Take I-64 West for 104 miles to exit #96 (Fort Boonesborough S.P.) and remain on State Highway 627 until intersecting I-75 at exit #95. Take I-75 South to exit #87 (second Richmond exit). Make a left and cross over the interstate heading east on the Richmond bypass for one mile and you will see the main EKU campus on the left.

From Lexington, Ky.:
Take I-75 South to exit #87 (second Richmond exit). Make a left and cross over the interstate heading east on the Richmond bypass for one mile and you will see the main EKU campus on the left.

From Bowling Green, Ky., and Points West:
Take I-65 North to exit #43 (Glasgow) and travel east on the Cumberland Parkway through Somerset to exit #41 on I-75. Travel north on I-75 to exit #87. Turn right at the end of the off ramp and head east on the Richmond bypass for one mile and you will see the main EKU campus on the left.

From Knoxville, Tenn., and Points South:
Take I-75 North approximately 162 miles to exit #87 in Kentucky. Turn right at the end of the off ramp and head east on the Richmond bypass for one mile and you will see the main EKU campus on the left.

EKUSports.com
Tom Samuels Track

Eastern Kentucky University installed a Mondo Super X rubber track at its Tom Samuels Track in the summer of 2008. The new surface replaced an eight-year-old urethane track.

Tom Samuels Track, named in honor of the former EKU football and track and field coach, was dedicated in 1976. Each June, the track hosts the Kentucky Special Olympics State Summer Games’ track and field events, and in May 2009 it was the site for the Ohio Valley Conference Outdoor Track and Field Championships.

Mondo’s Super X track has been the world’s top track for more than 30 years. Globally recognized as the fastest, most durable and environmentally safest track available, Mondo’s Super X track has been used in the past eight Olympic Games, including the 2008 Beijing Olympics.

“Many of our athletes have achieved faster times on Mondo tracks, and we want to provide them with the track that will help them reach top speeds,” assistant coach Tim Moore said. “Mondo’s rubber surface has a longer lifespan than urethane tracks, and we were impressed that Mondo was chosen for the Olympics. It’s a testament to the track’s performance and quality.”

Developed to maintain its initial physical properties over its life, Super X provides consistent performance. The vulcanized natural rubber surface provides maximum elasticity and unparalleled durability, and its embossed, textured finish makes it extremely easy to maintain with no resurfacing required. This high-performance track is renowned for its shock absorption and optimal energy return, and an ideal blend of speed and comfort minimizes the occurrence of injuries. More than 1,100 Mondo Super X tracks have been installed globally, and more than 220 world records and countless national and personal best records have been set on Mondo Super X tracks.

EKU’s Mondo Super X track is the only one of its kind in the state of Kentucky, and it features a brand new Daktronics results board and a newly renovated disk/hammer ring.

Cross Country Facilities

The EKU cross country team is blessed with the Wood Chip Trail for practice and competition. A beautiful, winding one-mile loop, the Wood Chip Trail is located near the Stratton Building and the police training facilities on the southeast portion of campus. The trail was finished in 2005. The EKU cross country team hosts its annual relay meet at the Wood Chip Trail every year in September.

For training purposes, the cross country team uses a 5,000-meter grass course located on campus near the Wood Chip Trail. The course is prime for distance training as it features numerous rolling hills. It is also a very attractive course that boasts four wooden bridges and several tree-lined stretches while, at one point, weaving around a pond.

“We are very lucky to have two cross country training facilities right here on campus,” head coach Rick Erdmann said. “Our cross country student-athletes benefit not only from the quality but from the proximity of these trails.”
Now in his 32nd season at Eastern Kentucky University, Rick Erdmann enters the 2010-11 cross country and track and field season looking to build on a distinguished coaching career that includes 55 OVC Coach of the Year awards, 41 OVC cross country titles and 17 OVC track and field championships since his arrival in 1979.

His influence on EKU’s track and field and cross country program is immeasurable. Under Erdmann’s guidance, the Eastern Kentucky women have captured 13 OVC track and field titles and 25 cross country championships, including a string of 19 consecutive cross country banners from 1981-1999. The women’s chokehold on the OVC was snapped in 2000; however, the Colonels regained their championship form from 2002-03 and again from 2006-10.

The men have also enjoyed success during Erdmann’s tenure, winning four OVC indoor track and field championships and 15 cross country titles, including four straight cross country banners from 2006-10.

The men’s 2010 OVC cross country championship ranks as one of Erdmann’s finest coaching jobs as the Colonels delivered one of the most dominant performances in league history, finishing 1-5. It was only the fourth time in OVC history that a school had swept the top five spots. That feat also occurred in 1965 (EKU), 1980 (Western Kentucky) and 1989 (EKU). Freshman Soufiane Bouchikhi led the way for EKU as he won the OVC, finished third at the Southeast Region Championships and placed inside the top-50 at the NCAA Championships in Terre Haute, Ind.

The Colonels’ top runner at the 2008 OVC Cross Country championships was Joseph Maina. Seven months after the cross country championships, Maina qualified for the 2009 NCAA Track and Field Championships in the 5,000 meters with a time of 14:08.10

The Colonels’ first place finish at the 2007 OVC Cross Country Championships was led by the efforts of three-time All-American Jacob Korir, who earned the OVC Male Cross Country Athlete of the Year award following the meet. Korir went on to place second at the 2007 Southeast Region Championships and sixth at the 2007 NCAA Cross Country Championships in Terre Haute, Ind.

Bouchikhi, Maina and Korir are just the latest in a long line of All-Americans under Erdmann’s guidance. EKU’s head coach has produced many NCAA All-Americans in men’s and women’s track and field and consistently sends student-athletes to the Division I national championship meets.

A native of Ligonier, Pa., Erdmann competed in track as a sprinter at Ashland (Ohio) College and graduated in 1965 with undergraduate degrees in physical education and biology. He went on to earn his master’s degree in physical education from Eastern Kentucky in 1966.

A former football player during his high school days at Ligonier, Erdmann accepted the football and track and field head coaching jobs at Hamden Hall High School in Hamden, Conn. at the age of 24.

After three years at Hamden (1967-69), Erdmann accepted the football coaching position at Forbes High School in Kantner, Pa. After working as a football coach at the prep level, Erdmann moved on to Hagerstown (Md.) Junior College as the head track and field/cross country coach.

Erdmann spent nine years at Hagerstown (1971-79), culminating in his being named the 1978 National Junior College Cross Country Coach of the Year after guiding his team to a second place finish at the National Junior College Championship meet. While coaching several junior college All-Americans and individual national champions at Hagerstown, he put together the third fastest mile relay team in the East in 1978.

Erdmann was one of six people inducted into the Kentucky USA Track and Field/Kentucky Track and Cross Country Association Hall of Fame at the association’s second annual banquet on January 9, 2007.

Erdmann and his wife Michele reside in Richmond. The couple has one son, Cory, who lives in Lexington, Ky.
Assistant Coach Tim Moore

Tim Moore is entering his 30th season as the assistant track and field and cross country coach at Eastern Kentucky University, and he has been an integral part of the program’s success ever since arriving.

“Coach Erdmann and I have been together for many years and I think we have helped improve EKU’s recognition across the country in track and field and cross country,” Moore said. “Our main focus is graduating our student-athletes and providing them with the best competition we can to make them the best they can be. The support we get from our strong alumni base plays a major role in what we are able to accomplish.”

In January of 2009, Moore’s hard work and dedication to EKU was legitimized when he was inducted into the Kentucky Track and Cross Country Coaches Association Hall of Fame. Moore was bestowed with the honor at the association’s fourth Annual Awards and Hall of Fame Banquet held in the Hall of Fame Room at the KHSAA Offices on Executive Drive in Lexington. Four other coaches – Roland Dale (Shelby County), Craig Hopkins (Apollo), Edward Newton (Male, Ballard, Shawnee and Central) and Mike Johnson (Berea College) – were also inducted into the Hall of Fame.

Moore’s duties at EKU are numerous. He works with the hurdlers, sprinters and field event athletes for both the men’s and women’s track and field teams. He also coordinates all aspects of recruiting for the track and field and cross country programs.

The Berea, Ky. native has coach three OVC champion hurdlers over the last two seasons. In 2010, he guided freshman DanHeisha Harding to a win in the women’s 55-meter hurdles at the OVC Indoor Track and Field Championships with a time of 7.98. In 2009, Iceca Epps won the women’s 60-meter hurdles at the OVC Indoor Track and Field Championships with a time of 8.61, edging Eastern Illinois’ Chandra Golden by three-tenths of a second, while Andre Evans won the men’s 110-meter hurdles at the OVC Outdoor Track and Field Championships in a time of 14.76.

Moore also coached six-time All-American Jackie Humphrey, who ran the sixth-fastest time ever by an American in the 100-meter hurdles (12.83) and won the U.S. Olympic track and field trials in record-setting fashion during the 1988 season. Moore coached Humphrey in the 1988 Olympics in Seoul, South Korea.

Moore was selected to coach the South Women’s team at the 1991 United States Olympic Festival held in Los Angeles, Calif. He has been appointed as Junior Coordinator of the USA Track and Field Hurdle Development Committee and has also been selected as women’s track and field coordinator by the Kentucky Association of USA Track and Field.

A 1977 graduate of Berea College, Moore competed in the high jump at Berea and spent one season on the basketball team under head coach Roland Weirwillie. Upon graduating with an undergraduate degree in physical education, Moore began his coaching career on the high school level at Lexington Sayre High School, where he served as the head basketball and track and field/cross country coach.

After three years at Sayre, during which time he earned his master’s degree in physical education from EKU in 1979, Moore moved into the college ranks by accepting the men’s track and field head coaching position at Berea in 1980.

Moore has written several articles on motivation and track and field techniques. He has also participated in several elite hurdle coaches’ summits and a women’s development summit at the U.S. Olympic Training Center in Colorado Springs, Colorado.

Moore keeps busy by serving on hurdle development committees and contributing to clinics across the country.

He and his wife Sandra reside in Richmond and have one son, Steven. Sandra is also employed by EKU and serves as the Special Assistant to the Provost for University Diversity. She is finishing her Ph.D. in administration in higher education.

Did You Know ...

...Both Rick Erdmann and Tim Moore are members of the Kentucky Track and Cross Country Coaches Association Hall of Fame.

Support Staff

Joseph Maina
Graduate Assistant

Chris Rengifo
Graduate Assistant

Josh Ray
Manager

Not pictured:
Cory Erdmann
Volunteer Assistant Coach/Recruiting Coordinator
Contact Cory at cory.erdmann@eku.edu

Moore coached Iceca Epps to a 60-meter hurdles title at the 2009 OVC Indoor Track and Field Championships
## 2011 Women's Roster

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Event</th>
<th>Hometown/High School (Previous School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jackline Barkechir</td>
<td>So.</td>
<td>1500/5000</td>
<td>Eldoret, Kenya/Kofoaruresen (Lindenwood Univ.)</td>
</tr>
<tr>
<td>Diamond Benjamin</td>
<td>Jr.</td>
<td>100/200</td>
<td>Washington D.C./Benjamin Banneker</td>
</tr>
<tr>
<td>Lutisha Bowen</td>
<td>Jr.</td>
<td>Sprints/Hurdles</td>
<td>Louisville, Ky./Ballard</td>
</tr>
<tr>
<td>Sylvia Bundotich</td>
<td>Sr.</td>
<td>1500/5000</td>
<td>Iten, Kenya/Singboe Girls (Iowa Central College)</td>
</tr>
<tr>
<td>Laura Dollins</td>
<td>Fr.</td>
<td>800/3000</td>
<td>Berea, Ky./Rockcastle County</td>
</tr>
<tr>
<td>Natalie Field</td>
<td>Fr.</td>
<td>800/3000</td>
<td>Mario, Ohio/Marion Pleasant</td>
</tr>
<tr>
<td>Raselle Florence</td>
<td>Fr.</td>
<td>Sprints/Jumps</td>
<td>Miami, Fla./Miami Northwestern</td>
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<tr>
<td>Bianca Forbes</td>
<td>So.</td>
<td>200/400</td>
<td>Toronto, Ontario/C.W. Jefferys</td>
</tr>
<tr>
<td>DanHeisha Harding</td>
<td>So.</td>
<td>Hurdles</td>
<td>Dayton, Ohio/Chaminade Julienne</td>
</tr>
<tr>
<td>Shannon Hooper</td>
<td>So.</td>
<td>Throws</td>
<td>Charleston, W.Va./Capital</td>
</tr>
<tr>
<td>Shauna Hooper</td>
<td>So.</td>
<td>Throws</td>
<td>Baltimore, Md./Western</td>
</tr>
<tr>
<td>Arryn Hopkins</td>
<td>So.</td>
<td>100/400</td>
<td>Carlisle, Ky./Nicholas County</td>
</tr>
<tr>
<td>Megan Hunter</td>
<td>Fr.</td>
<td>Throws</td>
<td>Louisville, Ky./Ballard</td>
</tr>
<tr>
<td>Jazzmin Jeter</td>
<td>So.</td>
<td>Sprints/Jumps</td>
<td>Baltimore, Md./Western</td>
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<tr>
<td>Tashana Johnson</td>
<td>Sr.</td>
<td>Hurdles</td>
<td>North Bend, Ohio/Taylor</td>
</tr>
<tr>
<td>Ashli Joseph</td>
<td>Sr.</td>
<td>1500/5000</td>
<td>Eldoret, Kenya/Nigeria (Lubbock Christian Univ.)</td>
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<tr>
<td>Lydia Kosgei</td>
<td>Jr.</td>
<td>1500/5000</td>
<td>Toledo, Ohio/Central Catholic</td>
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<tr>
<td>Kaitlyn Krizman</td>
<td>Fr.</td>
<td>800/3000</td>
<td>Bomet, Kenya/Pangani Girls (Kenya U.)</td>
</tr>
<tr>
<td>Picoty Leitich</td>
<td>So.</td>
<td>1500/5000</td>
<td>Cincinnati, Ohio/McAuley (Univ. of Louisville)</td>
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<tr>
<td>Abigail Love</td>
<td>Sr.</td>
<td>1500/5000</td>
<td>San Pedro, Calif./North Torrance</td>
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<tr>
<td>Shiyna Mahendra</td>
<td>Fr.</td>
<td>Hurdles</td>
<td>Cambridge, Ontario/Galt Collegiate</td>
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<tr>
<td>Danielle Mason</td>
<td>Jr.</td>
<td>1500/5000</td>
<td>Bolivar, Penn./Laurel Valley</td>
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<tr>
<td>Hannah Miller</td>
<td>Fr.</td>
<td>1500/5000</td>
<td>Upper Marlboro, Md./Largo</td>
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<tr>
<td>Jasmyn Norris</td>
<td>Sr.</td>
<td>Hurdles</td>
<td>Hollis, Me./Bonny Eagle</td>
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<tr>
<td>Kat Pagano</td>
<td>Sr.</td>
<td>1500/10000</td>
<td>Broadhead, Ky./Rockcastle County</td>
</tr>
<tr>
<td>Samantha Smith</td>
<td>Fr.</td>
<td>Jumps</td>
<td></td>
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<tr>
<td>Morgan Thacker</td>
<td>Jr.</td>
<td>Jumps</td>
<td></td>
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</tbody>
</table>

## Pronunciations

- Jackline Barkechir (BARK-uh-chur)
- Sylvia Bundotich (BUHN-doll-titch)
- Arryn Hopkins (Erin)
- Lydia Kosgei (Kos-GEYE)
- Picoty Leitich (Pi-KOTY Lee-titch)
- Shiyna Mahendra (SHEE-awna Muh-HEN-dra)
- Kat Pagano (PHUH-GON-oh)

## by Class

- **Seniors (6)**
  - Bundotich, Johnson, Joseph, Love, Norris, Pagano
- **Juniors (5)**
  - Benjamin, Bowen, Kosgei, Mason, Thacker
- **Sophomores (8)**
  - Barkechir, Forbes, Harding, Shan. Hooper, Shau. Hooper, Hopkins, Jeter, Leitich
- **Freshman (9)**
  - Dollins, Field, Florence, Hunter, Krizman, Mahendra, Miller, Smith

## by Event

- **Distance (12)**
  - Barkechir, Bundotich, Dollins, Field, Joseph, Kosgei, Krizman, Leitich, Love, Mason, Miller, Pagano
- **Sprints (6)**
  - Benjamin, Bowen, Florence, Forbes, Hopkins, Jeter
- **Hurdles (5)**
  - Bowen, Harding, Johnson, Mahendra, Morris
- **Jumps (4)**
  - Florence, Jeter, Smith, Thacker
- **Throws (3)**
  - Shan. Hooper, Shau. Hooper, Hunter

## by State/Country

- **California (1)**
  - Mahendra
- **Canada (2)**
  - Forbes, Mason
- **Florida (1)**
  - Florence
- **Kentucky (6)**
  - Bowen, Dollins, Hunter, Jeter, Smith, Thacker
- **Kenya (4)**
  - Barkechir, Bundotich, Kosgei, Leitich
- **Maine (1)**
  - Pagano
- **Maryland (3)**
  - Hopkins, Johnson, Norris
- **Ohio (5)**
  - Field, Harding, Joseph, Krizman, Love
- **Pennsylvania (1)**
  - Miller
- **Washington D.C. (1)**
  - Benjamin
- **West Virginia (2)**
  - Shan. Hooper, Shau. Hooper
2011 Women’s Outlook

The Eastern Kentucky University women’s track and field team enters the 2011 season featuring a slew of returning talent and with aspirations to win its first OVC Indoor Championship since 1999.

The EKU women feature a young sprints team led by the 2010 OVC Co-Female Indoor Track Athlete of the Year Diamond Benjamin. Benjamin won the 55 meters (6.94) and the 200 meters (24.48) at the OVC Indoor Championships last year and will be joined by fellow junior Lutisha Bowen, who is one of the top hurdlers in the conference, and sophomores Bianca Forbes, who set a school record in the indoor 400 meters last year (55.55) and DanHeisha Harding, who won the 55-meter hurdles at the indoor championships last year.

Senior Kat Pagano and a strong, veteran distance group won an OVC Cross Country Championship in the fall and will bolster the women’s track and field team this season. Pagano won the 5,000 meters at both the 2010 Indoor and Outdoor OVC Championships and set a school record in the 10,000 meters when she ran a 36:07.10 at the Penn Relays. She will be joined by junior Lydia Kosgei, who won the 1,500 meters at the 2010 OVC Outdoor Championships in a time of 4:39.99, as well as All-OVC cross country runners senior Sylvia Bundotich, junior Danielle Mason, Sophomores Picoty Leitich and Jackline Barkechir and freshman Hannah Miller.

The Colonels’ championship aspirations will be helped by a stronger field team in 2011. Junior Morgan Thacker entered EKU’s top-five list in the long jump (18-7) and the triple jump (37-0) during the 2010 indoor season while sophomore Jazzmin Jeter recorded the second best indoor long jump in school history in 2010 (18-9.75). They will be joined in the jumping events by freshman Samantha Smith, who was the 2010 KTCCCA Field Event Athlete of the Year. Sophomore Shannon Hooper will lead a much-improved throws team as she won the discus at three consecutive meets last year and entered EKU’s top-five list in the event with a 131-7 at the Cumberlands Invitational.

“We have high expectations for our women’s team this year, especially at the indoor championships,” assistant coach Tim Moore said. “If we can get contributions from our field team, we should be able to compete for an OVC Championship.”

OVC Team Sportsmanship Awards

The Colonels have won numerous OVC Championships under coaches Rick Erdmann and Tim Moore; however, the coaching staff at EKU also stresses sportsmanship. This is evidenced by the 10 OVC Team Sportsmanship Awards the Colonel cross country and track and field teams have won since the award was created in 2005. The men’s cross country team has won four consecutive awards (2006, 2007, 2008, 2009), the women’s cross country team has won one (2006), the men’s outdoor track and field team has won one (2007), the men’s indoor track and field team has won two (2008, 2010) and the women’s outdoor track and field team has won two (2008, 2010).
Jackline Barkechir

Eldoret, Kenya (Lindenwood Univ.)

2010: Scored points at the OVC Indoor Track and Field Championships with a fifth-place finish in the mile (5:16.29) and a seventh-place finish in the 3,000 meters (10:38.80) … also scored for the Colonels at the OVC Outdoor Track and Field Championships where she placed fifth in the 1,500 meters (4:44.77) and sixth in the 800 meters (2:19.22) … displayed some versatility by running the 3,000 meter steeplechase in a time of 12:17.00 at the EKU Open … won the 800 (2:18.74) and the 1,500 meters (4:44.64) at the University of the Cumberlands Invitational.

2009: Won the 3,000 meters and the 5,000 meters at the Heart of America Conference Championships while attending Lindenwood University … was named Lindenwood’s Female Athlete of the Year in 2009.

Personal: Daughter of Peter and Esther Chebogut … major is nursing … Jackline’s best non-athletic talent: watching movies and travelling.

Barkechir’s Collegiate Bests

5,000 Meters - 18:04.54

Diamond Benjamin

Washington, D.C. (Benjamin Banneker)

2010: Named the OVC Co-Female Indoor Track Athlete of the Year … won three individual OVC titles on the year … won the 55 meters (6.94) and the 200 meters (24.48) at the OVC Indoor Championships … won the 100 meters (11.84) at the OVC Outdoor Championships … was also a member of the winning 4x100 meter relay team (46.65) at the outdoor championships … her indoor 200 meters time is second all-time at EKU while her indoor 55 meters time is fourth … named OVC Female Track Athlete of the Week on Feb. 9 after winning the 55 meters at the MTSU Invitational with a time of 7.03 … was a member of the 4x200 meter relay team that won at the N.C. State Raleigh Relays with a time of 1:38.65, defeating schools such as Ohio State, Wake Forest and host N.C. State … was a member of the shuttle hurdle relay team that won at the U.T. Sea Ray Relays on April 10 and came within 0.2 seconds of the school record … following its performance at the U.T. Sea Ray Relays, that shuttle hurdle relay team was the top ranked team in the country, according the website milesplit.us.

2009: A versatile athlete who was the women’s team’s leading scorer with 16 points at the OVC Indoor Track and Field Championships … finished third in the 60-meter hurdles (8.70), third in the 200 meters (25.50) and fifth in the 60 meters (7.77) … placed fifth in the 100-meter hurdles at the OVC Outdoor Track and Field Championships with a time of 14.50 … took eighth in the finals of the 100 meters at the outdoor championships in a time of 12.74 … won the 100-meter hurdles at the EKU Open by a large margin with a time of 14.11 … was a member of the 4x100 meter relay team that won at the Centre Invitational with a time of 48.09 and then went on to compete at the prestigious Penn Relays and record a time of 48.66.

High School Accomplishments: Named the 2008 Gatorade Kentucky Track and Field Athlete of the Year … won the 2008 state championship in the 100 meters … 2008 Senior Track and Field Award recipient … 2008 Sportsmanship Award recipient … Foot Locker qualifier in the 300-meters hurdles … Junior National qualifier in the 100-meters hurdles, 4x100 meters relay and the 4x400 meters relay.

Personal: Daughter of Charles and Mary Bowen … major is international business … one interesting fact about Lutisha: she enjoys cooking Caribbean food.

Bowen’s Collegiate Bests

60 Meters - 7.69 60 Hurdles - 8.54
200 Meters - 24.79 100 Meters - 13.91

Lutisha Bowen

Louisville, Ky. (Ballard)

2010: Was a member of the winning 4x100 meter relay team (46.65) at the OVC Outdoor Championships … finished second in the 100-meter hurdles (14.28) at the outdoor championships, but ran the top 100-meter hurdles time in the OVC during the season (13.91) at the Cardinal Classic on May 14 … earned OVC Female Track Athlete of the Week honors on March 30 after she ran a then OVC-best 14.01 in the 100-meter hurdles at the N.C. State Raleigh Relays … was also a member of the 4x200 meter relay team that won at the N.C. State Raleigh Relays with a time of 1:38.65, defeating schools such as Ohio State, Wake Forest and host N.C. State … was a member of the shuttle hurdle relay team that won at the U.T. Sea Ray Relays on April 10 and came within 0.2 seconds of the school record … following its performance at the U.T. Sea Ray Relays, that shuttle hurdle relay team was the top ranked team in the country, according the website milesplit.us.

2009: A versatile athlete who was the women’s team’s leading scorer with 16 points at the OVC Indoor Track and Field Championships … finished third in the 60-meter hurdles (8.70), third in the 200 meters (25.50) and fifth in the 60 meters (7.77) … placed fifth in the 100-meter hurdles at the OVC Outdoor Track and Field Championships with a time of 14.50 … took eighth in the finals of the 100 meters at the outdoor championships in a time of 12.74 … won the 100-meter hurdles at the EKU Open by a large margin with a time of 14.11 … was a member of the 4x100 meter relay team that won at the Centre Invitational with a time of 48.09 and then went on to compete at the prestigious Penn Relays and record a time of 48.66.

High School Accomplishments: Named the 2008 Gatorade Kentucky Track and Field Athlete of the Year … won the 2008 state championship in the 100 meters … 2008 Senior Track and Field Award recipient … 2008 Sportsmanship Award recipient … Foot Locker qualifier in the 300-meters hurdles … Junior National qualifier in the 100-meters hurdles, 4x100 meters relay and the 4x400 meters relay.

Personal: Daughter of Robin Benjamin and Ricky Clark … major is communications … one interesting fact about Diamond: she used to be a dancer (ballet, jazz and modern).
**Bundotich’s Collegiate Bests**

- 3,000 Meters: 10:38.71
- 5,000 Meters: 17:57.50
- Mile: 5:13.51
- 1,500 Meters: 4:38.54

**Forbes’ Collegiate Bests**

- 400 Meters: 55.14
- 200 Meters: 25.16

**Harding’s Collegiate Bests**

- 60 Hurdles: 8.50
- 100 Hurdles: 14.29
- 60 Meters: 7.87
- 100 Meters: 12.90

**Hooper’s Collegiate Bests**

- Shot Put: 34-4
- Discus: 131-7
- Hammer: 143-4
- Weight: 46-11

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**Sylvia Bundotich**

**1500/5000 • Sr.**

*Iten, Kenya (Singboe Girls)*

2010: Scored points at the OVC Indoor Track and Field Championships with a sixth-place finish in the 3,000 meters (10:38.71) and a seventh-place finish in the 5,000 meters (18:45.09) ... recorded two fourth-place finishes at the OVC Outdoor Track and Field Championships, one in the 5,000 meters (18:05.35) and the other in the 1,500 meters (4:43.90) ... Won the 800 (2:22.65) and the 1,500 meters (4:48.95) at the Centre Invitational on April 4 ... won the 5,000 meters with a personal best time of 17:57.50 at the EKU Open on April 17.

2009: Finished third at the OVC Cross Country Championships with a 5K time of 19:57.30 and was named first team All-OVC for her efforts ... finished third on the team and 57th overall with a 6K time of 22:05.25 at the Southeast Regional.

**High School Accomplishments:** A district champion at Singlore Girls High School in Iten, Kenya.

**Personal:** Daughter of Joseph and Salmo Bundotich ... major is nursing ... Sylvia’s favorite place(s) in the world: Germany and Australia.

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**Bianca Forbes**

**200/400 • So.**

*Toronto, Ontario (C.W. Jefferys)*

2010: Stormed onto the OVC track and field scene when she was named the OVC Female Track Athlete of the Week after running an OVC-best 56.68 400 meters in her first collegiate performance at the Kentucky Invitational on Jan. 19 ... set a new school record in the indoor 400 meters when she ran a 55.55 at the IU Hoosier Hills Open on Feb. 12 ... she finished second in that race behind only 2008 4x400 Olympic gold medalist Mary Wineberg ... was named OVC Female Track Athlete of the Week for that performance as well ... finished third in the 400 meters at the OVC Indoor Championships with a time of 56.01 and second in the 400 meters at the OVC Outdoor Championships with a time of 55.49 ... was a member of the 4x200 meter relay team that won at the N.C. State Raleigh Relays with a time of 1:38.65, defeating schools such as Ohio State, Wake Forest and host N.C. State.

**Personal:** Daughter of Lavern Calvert ... major is undeclared ... Bianca’s favorite place in the world: home.

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**DanHeisha Harding**

**Hurdles • So.**

*Dayton, Ohio (Chaminade Julienne)*

2010: Took home an individual OVC title in her first season as a Colonel when she won the 55-meter hurdles at the OVC Indoor Championships with a time of 7.98 ... was a member of the 4x100 meter relay team that won at the OVC Outdoor Championships with a time of 46.65 ... placed third in the 100-meter hurdles at the outdoor championships with a time of 14.29 ... was a member of the shuttle hurdle relay team that won at the U.T. Sea Ray Relays on April 10 and came within 0.2 seconds of the school record ... following its performance at the U.T. Sea Ray Relays, that shuttle hurdle relay team was the top ranked team in the country, according the website milesplitu.us.

**Personal:** Daughter of Heath and Danielle Harding ... major is criminal justice.

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**Shannon Hooper**

**Throws • So.**

*Charleston, WVa. (Capital)*

2010: Won the discus three weeks in a row at the Centre Invitational (April 3), Cumberlands Invitational (April 10) and EKU Open (April 16) ... recorded season bests in the shot put (34-4) at the EKU Open, the discus (131-7) at the Cumberlands Invitational and the hammer (143-4) at the Centre Invitational ... scored points with a fourth place finish in the hammer (142-11) at the OVC Outdoor Championships ... finished ninth in the weight throw (45-00.5) at the OVC Indoor Championships on Feb. 26.

**High School Accomplishments:** Was a 3A state champion her sophomore year.

**Personal:** Daughter of Diane Hooper ... major is chemistry ... Shannon’s best non-athletic talent: dying hair.
Hooper’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot Put</td>
<td>25-3.25</td>
</tr>
<tr>
<td>Discus</td>
<td>110-9</td>
</tr>
</tbody>
</table>

High School Accomplishments: Was a state qualifier three of four years in high school.

Personal: Daughter of Diane Hooper ... major is occupational science ... Shauna’s best non-athletic talent: photography.

2010: Recorded season bests in the discus (110-9) and the hammer (91-9) at the OVC Outdoor Championships on April 30 and the javelin (73-9) at the Cumberlands Invitational on April 10 … finished 12th in the weight throw (34-10.5) at the OVC Indoor Championships on Feb. 26.

Jeter’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>18-9.75</td>
</tr>
<tr>
<td>100 Meters</td>
<td>12.25</td>
</tr>
<tr>
<td>200 Meters</td>
<td>25.11</td>
</tr>
</tbody>
</table>

High School Accomplishments: Was the state champion in the 200 meters as a sophomore and senior … was also a state champion in the indoor 400 meters.

Personal: Daughter of Ericka Herd ... major is social work ... one interesting fact about Jazzmin: she loves to help people.

2010: Placed third in the long jump at the OVC Indoor Championships with a personal-best mark of 18-09.75, good enough for second on the school’s top-five list … was a member of the winning 4x100 meter relay team (46.65) at the OVC Outdoor Championships … was also a member of the 4x200 meter relay team that won at the N.C. State Raleigh Relays with a time of 1:38.65, defeating schools such as Ohio State, Wake Forest and host N.C. State … won the long jump with a mark of 18-04.5 at the Centre Invitational on April 4 … won the 200 meters with a time of 25.11 at the EKU Open on April 16.

Johnson’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hurdles</td>
<td>14.69</td>
</tr>
</tbody>
</table>

High School Accomplishments: Was a state qualifier eight years in a row and also placed with a gold medal during one of those years.

Personal: Daughter of Robert and Desiree Hopkins … major is engineering ... Arryn’s best non-athletic talent: fashion.

2010: Finished 14th in the 400 meters at the OVC Outdoor Championships with a time of 59.23 … recorded personal bests in the 100 meters (13.28) at the Cumberlands Invitational on April 10 and the 200 meters (26.93) at the Centre Invitational on April 3.

Joplin’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shot Put</td>
<td>91-9</td>
</tr>
<tr>
<td>Discus</td>
<td>73-9</td>
</tr>
</tbody>
</table>

High School Accomplishments: Was a state qualifier three of four years in high school.

Personal: Daughter of Diane Hooper … major is occupational science ... Shauna’s best non-athletic talent: photography.

2010: Recorded season bests in the discus (110-9) and the hammer (91-9) at the OVC Outdoor Championships on April 30 and the javelin (73-9) at the Cumberlands Invitational on April 10 … finished 12th in the weight throw (34-10.5) at the OVC Indoor Championships on Feb. 26.

2009: Placed seventh in the finals of the 60-meter hurdles at the OVC Indoor Track and Field Championships with a time of 9.04 … missed qualifying for the 100-meter hurdles finals by one spot at the OVC Outdoor Track and Field Championships after finishing ninth in the preliminaries with a time of 14.66 … took fifth place in the 60-meter hurdles at the Hoosier Hills Open with a time of 9.40 … a member of the 4x100 meter relay team that won at the Centre Invitational with a time of 48.09 and went on to run at the prestigious Penn Relays.

2008: Finished 13th in the 55-meter hurdles at the OVC Indoor Track and Field Championships with a time of 8.65 … placed fifth in the finals of the 100-meter hurdles at the OVC Outdoor Track and Field Championships with a time of 14.69 … a member of the winning 4x100 meter relay team at the EKU Open.
High School Accomplishments: A graduate of Western High School ... high school coach was Jerry Molyneaux ... finished fourth in the 55-meter hurdles (8.31) at the 2007 Maryland indoor state high school track and field championships ... finished fifth in the 100-meter hurdles at the 2007 Maryland outdoor state high school track and field championships.

Personal: Daughter of Vaughn and Sandra Johnson ... major is education.

<table>
<thead>
<tr>
<th>Johnson’s Collegiate Bests</th>
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<tbody>
<tr>
<td>100 Meters - 12.06</td>
</tr>
<tr>
<td>60 Meters - 7.82</td>
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<tr>
<td>100 Hurdles - 14.32</td>
</tr>
<tr>
<td>60 Hurdles - 8.80</td>
</tr>
</tbody>
</table>

2010: Scored points with a seventh-place finish in the 10,000 meters at the OVC Outdoor Track and Field Championships (40:07.80) ... ran the seventh fastest outdoor 3,000 meters time in the OVC with a 10:40.64 at the UT Sea Ray Relays on April 7.

2009: Was a key factor in the women’s team winning its fourth consecutive OVC Cross Country Championship as she placed 11th at the meet with a 5K time of 20:30.60 ... was named second team All-OVC ... finished 144th at the Southeast Regional with a 6K time of 23:17.11 ... placed seventh in the 3,000 meters at the OVC Indoor Track and Field Championships with a time of 10:36.87 ... finished 13th in the 5,000 meters in 18:44.30 at the OVC Outdoor Track and Field Championships ... placed second behind teammate Kat Pagano in the 5,000 meters at the EKU Open with a time of 18:25.95.

2008: Placed 17th at the OVC Cross Country Championships ... finished 13th in the 5,000 meters at the OVC Indoor Track and Field Championships with a time of 19:41.49 ... placed 10th in the 10,000 meters at the OVC Outdoor Track and Field Championships with a time of 42:16.78.

High School Accomplishments: A graduate of Taylor High School ... high school coach was Coury Lilly ... a member of the winning 4x800 meter relay team at the 2007 Ohio State High School Outdoor Track and Field Championships ... qualified in the 3,200 meters at the 2007 Ohio State High School Outdoor Track and Field Championships ... was a member of the third place 4x400 meter relay team at the 2007 Ohio State High School Outdoor Track and Field Championships.

Personal: Daughter of Barney and Michelle Joseph ... major is nursing ... Ashli’s favorite place in the world: Capri, Italy.

<table>
<thead>
<tr>
<th>Joseph’s Collegiate Bests</th>
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<tbody>
<tr>
<td>1,500 Meters - 4:54.94</td>
</tr>
<tr>
<td>3,000 Meters - 10:36.58</td>
</tr>
<tr>
<td>Mile - 5:24.38</td>
</tr>
<tr>
<td>5,000 Meters - 18:31.20</td>
</tr>
</tbody>
</table>

2010: Scored points with a third place finish in the 800 meters (2:16.03) and a third place finish in the mile (5:10.57) at the OVC Indoor Track and Field Championships ... ran her best mile (5:03.84) at the MTSU Invitational. Was a member of the winning 4x800 meter relay team at the 2007 Ohio State High School Outdoor Track and Field Championships ... was a member of the third place 4x400 meter relay team at the 2007 Ohio State High School Outdoor Track and Field Championships.

Personal: Daughter of John Kosgei ... major is health sciences ... Lydia’s favorite place in the world: America.
2010: Was a member of the distance medley relay team that finished third with a time of 12:32.05 at the OVC Indoor Track and Field Championships … set personal bests in the 200 (30.19) and 400 meters (1:00.44) at the EKU Open on April 16 … set a personal best in the 800 meters (2:26.91) at the University of the Cumberlands Invitational on April 10.

High School Accomplishments: Two-time state qualifier in the 4x400 meter relay.

Personal: Daughter of Daniel and Rebecca Love … major is deaf education and elementary education.

Love’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 Meters</td>
<td>30.19</td>
</tr>
<tr>
<td>400 Meters</td>
<td>1:00.44</td>
</tr>
</tbody>
</table>

2010: Placed fourth in the 3,000 meters at the OVC Indoor Track and Field Championships with a time of 10:35.05 … also scored points with an eighth-place finish in the 5,000 meters (18:51.01) … scored six points with a sixth-place finish in the 1,500 meters at the OVC Outdoor Track and Field Championships (4:45.12) … ran the fifth fastest outdoor 3,000 meters time with a 10:36.25 at the UT Sea Ray Relays on April 7.

2009: Took fifth in the preliminaries of the 60-meter hurdles at the OVC Indoor Track and Field Championships with a time of 9.25 … finished 10th in the preliminaries of the 100-meter hurdles at the OVC Outdoor Track and Field Championships in a time of 14.70 … also placed ninth in the preliminaries of the 400-meter hurdles at the outdoor championships with a time of 1:07.70 … won the 400-meter hurdles at the Centre Invitational with a time of 1:07.08 … a member of the 4x100 meter shuttle hurdle team that took fourth place at the Tennessee Sea Ray Relays with a time of 58.47.

2008: Scored points at the OVC Outdoor Track and Field Championships with an eighth place finish in the finals of the 100-meter hurdles, logging a time of 15.14 … placed 12th in the 400-meter hurdles at the outdoor championships with a time of 1:09.08 … placed 11th in the 55-meter hurdles at the OVC Indoor Track and Field Championships with a time of 8.42 … placed 15th in the 200-meter dash at the indoor championships with a time of 26.66 … won the 400-meter hurdles at the EKU Open, logging a time of 1:10.00.

High School Accomplishments: A graduate of Largo High School … high school coach was Darryl Hamilton … in 2007, she was a 300-meter hurdles state champion … 2007 100-meter high hurdles county champion.

Personal: Daughter of Cynthia and Jon Norris … major is homeland security … Jasmyn’s favorite place in the world: her bed.

Hurdles • Sr.

Jasmyn Norris

2010: Was a member of the shuttle hurdle relay team that won at the U.T. Sea Ray Relays on April 10 and came within 0.2 seconds of the school record … following its performance at the U.T. Sea Ray Relays, that shuttle hurdle relay team was the top ranked team in the country, according the website milesplit.u.s … recorded season bests in the 400-meter hurdles (1:03.67) at the Rod McCravy Invitational on Jan. 29, the 55-meter hurdles (8.36) at the OVC Indoor Championships and the 100 meters (12.91) on Feb. 26 and 100-meter hurdles (14.84) at the EKU Open on April 16.

2009: Placed 15th at OFSAA … won a cross country invitational 5K in North Bay … won the 3,000 meters and 1,500 meters at WCSSA.

Personal: Daughter of James and Donna Mason … major is education … Danielle’s favorite place in the world: her cottage in Parry Sound, Ontario.

Mason’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3,000 Meters</td>
<td>10:33</td>
</tr>
<tr>
<td>1,500 Meters</td>
<td>4:45.12</td>
</tr>
<tr>
<td>Mile</td>
<td>14.77</td>
</tr>
<tr>
<td>800 Meters</td>
<td>2:21</td>
</tr>
</tbody>
</table>
Returning Colonels

Kat Pagano
Hollis, Me. (Bonny Eagle)

2010: Set a school record in the 10,000 meters with a 36:07.10 at the prestigious Penn Relays on April 23 … was not even on the school’s top-five list for the 10,000 meters entering this season … won the 5,000 meters at both the Indoor and Outdoor OVC Track and Field Championships … won the indoor 5,000 meters with a time of 18:16.98 … won the outdoor 5,000 meters with a time of 17:29.35 … also scored points at the indoor championships with a second place finish in the 3,000 meters (10:23.50) and a sixth place finish in the mile (5:16.70) … and scored points at the outdoor championships with a second place finish in the 10,000 meters with a time of 38:09.57 … won her first career OVC Female Track Athlete of the Week award on April 27 following her school record 36:07.10 10,000 meters at the Penn Relays … at the time, that time was the fastest in the OVC by nearly two minutes.

2009: Placed fifth at the OVC Cross Country Championships with a 5K time of 20:02.97 and was named first team All-OVC for the second straight year … finished 49th at the Southeast Regional with a 6K time of 21:56.80 … won her first individual conference title in the 10,000 meters at the OVC Outdoor Track and Field Championships … also finished sixth in the 5,000 meters at the outdoor championships with a time of 18:07.79 … took third in the 3,000 meters at the OVC Indoor Track and Field Championships in a time of 10:25.86 and finished fourth in the 5,000 meters at the MTSU Invitational with a personal best time of 18:20.87.

2008: Finished fifth at the OVC Cross Country Championships and was named first team All-OVC … finished fifth in the 3,000 meters at the OVC Indoor Track and Field Championships with a time of 10:20.25 … also logged a fifth place finish in the 5,000 meters at the indoor championships with a personal best time of 18:20.87.


High School Accomplishments: A graduate of Bonny Eagle High School in Maine … was a three-time Wilkinson Invitational winner.

Personal: Daughter of Gisele and Robert Pagano … major is archaeology … Kat’s best non-athletic talent(s): playing the violin, finding stuff and eating.

Pagano’s Collegiate Bests

- Mile - 5:06.65
- 5,000 Meters - 17:15.31
- 3,000 Meters - 9:59.0
- 10,000 Meters - 36:07.10

Morgan Thacker
Crab Orchard, Ky. (Rockcastle County)

2010: Placed sixth in the long jump at the OVC Indoor Championships with a personal best leap of 18-07.00 and fourth in the triple jump with a personal best mark of 33-09.50 … won the triple jump at the Centre Invitational (35-04.5) on April 3 and the EKU Open (35-10.5) on April 16.

2009: Finished 12th in both the long jump (16-09.75) and the triple jump (33-09.50) at the OVC Outdoor Track and Field Championships … won the long jump at the Centre Invitational with a leap of 15-10.25 … placed second in the triple jump at the same meet with a mark of 33-09.25 … finished eighth in the 100 meters at the Centre Invitational with a time of 13.37.

High School Accomplishments: A Kentucky class 2A state champion in the long jump … Kentucky Indoor Field Event Athlete of the Year from 2006-08.

Personal: Daughter of Kenneth and Sheila Thacker … major is recreation and park management … Morgan’s best non-athletic talent: singing.

Thacker’s Collegiate Bests

- Long Jump - 18-07.0
- Triple Jump - 37-0.5
Laura Dollins
Berea, Ky. (Rockcastle County)

High School Accomplishments: Was the Kentucky state champion in the 1,500 meters ... named first team all-state in the 4x800 meter relay, 800 meters and 5,000 meters during multiple years.

Personal: Daughter of Clay Dollins and Paula Dollins ... major is undeclared ... Laura’s best non-athletic talent: her cat-like reflexes.

Natalie Field
Marion, Ohio (Marion Pleasant)

High School Accomplishments: The 2009 MOAC (Mid-Ohio Athletic Conference) cross country champion ... finished sixth at the Ohio State Cross Country Championships ... participated in the Mid-East Cross Country Championships ... Named the MOAC Cross Country Athlete of the Year.

Personal: Daughter of David and Joan Field ... major is business management ... one interesting fact about Natalie: she loves the Food Network and cooking.

Rashelle Florence
Miami, Fla. (Miami Northwestern)

High School Accomplishments: A three-time state champion ... first team all-county ... junior national medalist.

Personal: Daughter of Elizabeth Collier ... major is fire, arson and explosion investigation ... Rashelle’s favorite place in the world: Miami.

Megan Hunter
Carlisle, Ky. (Nicholas County)

High School Accomplishments: Finished second place in the discus at the Kentucky State meet her sophomore and junior years ... finished fourth in the discus her senior year ... named Academic All-State.

Personal: Daughter of Randy and Paula Hunter ... major is speech therapy ... one interesting fact about Megan: she loves cartoon movies.

Kaitlyn Krizman
Toledo, Ohio (Central Catholic)

High School Accomplishments: Has run a personal best 19:36 in the 5,000 meters.

Personal: Daughter of Pamela and Robert Krizman ... major is athletic training ... Kaitlyn’s best non-athletic talent: organizing.

Shiyana Mahendra
San Pedro, Calif. (North Torrance)

High School Accomplishments: Qualified for the California Interscholastic Federation finals as a senior and junior ... placed fourth at CIF as a sophomore.

Personal: Daughter of Naresh Mahendra ... major is journalism.

Hannah Miller
Bolivar, Penn. (Laurel Valley)

High School Accomplishments: A two-time state medalist in track and field (fifth place both times) ... a two-time state medalist in cross country (13th and 16th place) ... has run a personal best 19:14 in the 5,000 meters.

Personal: Daughter of Mellissa and Jeffrey Miller ... major is economics ... one interesting fact about Hannah: she eats ice cream about twice a day.

Samantha Smith
Brodhead, Ky. (Rockcastle County)

High School Accomplishments: A two-time Kentucky state champion in the long jump ... 2010 Kentucky state champion in the triple jump ... 2010 Field Athlete of the Year and Class 2A Track and Field Athlete of the Year ... 2010 Class 2A Sportsmanship Award winner.

Personal: Daughter of Ronnie and Louise Smith ... major is nursing ... Samantha’s best non-athletic talent: getting on MySpace.
### Pronunciations

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Event</th>
<th>Hometown/High School (Previous School)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soufiane Bouchikhi</td>
<td>So.</td>
<td>3000/5000</td>
<td>Antwerp, Belgium/Artesis College of Antwerp</td>
</tr>
<tr>
<td>Chris Colvin</td>
<td>So.</td>
<td>100/400</td>
<td>Campbellsville, Ky./Taylor County</td>
</tr>
<tr>
<td>Gerry Cooper</td>
<td>Jr.</td>
<td>100/200</td>
<td>Louisville, Ky./duPont Manual</td>
</tr>
<tr>
<td>Andrew Diesel</td>
<td>Sr.</td>
<td>Throws</td>
<td>Mason, Ohio/Mason (Trinity International Univ.)</td>
</tr>
<tr>
<td>Alex Dreyer</td>
<td>Jr.</td>
<td>1500/5000</td>
<td>Perth, Western Australia/Como Secondary</td>
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<tr>
<td>Anthony Eason</td>
<td>So.</td>
<td>800</td>
<td>Lexington, Ky./Sayre</td>
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<tr>
<td>Bradley Fortuna</td>
<td>So.</td>
<td>1500/5000</td>
<td>Aurora, Ind./South Dearborn</td>
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<td>Kristopher Hawkins</td>
<td>Sr.</td>
<td>200/400</td>
<td>Henderson, Ky./Henderson County</td>
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<tr>
<td>Ole Hesselbjerg</td>
<td>Fr.</td>
<td>800/3000</td>
<td>Charlottenlund, Denmark/Falkouergardens Gymnasium</td>
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<tr>
<td>William Hogan</td>
<td>Jr.</td>
<td>100/400</td>
<td>Frankfort, Ky./Franklin County</td>
</tr>
<tr>
<td>Daniel Jones</td>
<td>So.</td>
<td>1500/5000</td>
<td>Whakatane, New Zealand/Trident</td>
</tr>
<tr>
<td>Victor Kemboi</td>
<td>So.</td>
<td>1500/5000</td>
<td>Eldoret, Kenya/U.G. (American International College)</td>
</tr>
<tr>
<td>Musa Kimuli</td>
<td>Jr.</td>
<td>1500/5000</td>
<td>Kampala, Uganda/St. Stephens (Makerere Univ.)</td>
</tr>
<tr>
<td>Evans Kiptoo</td>
<td>Jr.</td>
<td>1500/5000</td>
<td>Eldoret, Kenya/Kitany (Lindenwood Univ.)</td>
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<tr>
<td>Kyle Lowe</td>
<td>So.</td>
<td>Sprints/Jumps</td>
<td>Cincinnati, Ohio/Northwest</td>
</tr>
<tr>
<td>William Marcum</td>
<td>Jr.</td>
<td>800/1500</td>
<td>Richmond, Ky./Madison Central</td>
</tr>
<tr>
<td>Peter Migun</td>
<td>Fr.</td>
<td>1500/3000</td>
<td>Knoxville, Tenn./Bearden</td>
</tr>
<tr>
<td>David Mutuse</td>
<td>Jr.</td>
<td>1500/Steepchase</td>
<td>Makeni, Kenya/Mbuami Boys</td>
</tr>
<tr>
<td>Cole Nieporte</td>
<td>Jr.</td>
<td>800/1500</td>
<td>Erlanger, Ky./Lloyd Memorial</td>
</tr>
<tr>
<td>Robert O'Malley</td>
<td>Sr.</td>
<td>Throws</td>
<td>Montrose, Penn./Montrose Area</td>
</tr>
<tr>
<td>Chris Rice</td>
<td>Jr.</td>
<td>1500/5000</td>
<td>Versailles, Ky./Woodford County</td>
</tr>
<tr>
<td>Adams Ronnoh</td>
<td>Fr.</td>
<td>3000/5000</td>
<td>Eldoret, Kenya/Seguro Adventist School</td>
</tr>
<tr>
<td>Sean VanDerMosten</td>
<td>Fr.</td>
<td>800/3000</td>
<td>Burlington, Ky./Conner</td>
</tr>
<tr>
<td>David Willis</td>
<td>Sr.</td>
<td>800/1500</td>
<td>Fort Mill, S.C./Fort Mill</td>
</tr>
</tbody>
</table>

### by Class

- **Seniors (4)**
  - Diesel, Hawkins, O’Malley, Willis
  - Bouchikhi, Dreyer, Eason, Fortuna, Hesselbjerg, Jones, Kemboi, Kimuli, Kiptoo, Marcum, Migun, Mutuse, Nieporte, Rice, Ronnoh, VanDerMosten, Willis

- **Juniors (9)**
  - Cooper, Dreyer, Hogan, Kimuli, Kiptoo, Marcum, Mutuse, Nieporte, Rice, Ronnoh

- **Sophomores (7)**
  - Bouchikhi, Colvin, Eason, Fortuna, Jones, Kemboi, Lowe

- **Freshman (4)**
  - Hesselbjerg, Migun, Ronnoh, VanDerMosten

### by Event

- **Distance (17)**
  - Bouchikhi, Dreyer, Eason, Fortuna, Hesselbjerg, Jones, Kemboi, Kimuli, Kiptoo, Marcum, Migun, Mutuse, Nieporte, Rice, Ronnoh, VanDerMosten, Willis

- **Sprints (5)**
  - Colvin, Cooper, Hawkins, Hogan, Lowe

- **Jumps (1)**
  - Lowe

- **Throws (2)**
  - Diesel, O’Malley

### by State/Country

- **Australia (1)**
  - Dreyer

- **Belgium (1)**
  - Bouchikhi

- **Denmark (1)**
  - Hesselbjerg

- **Indiana (1)**
  - Fortuna

- **Kentucky (9)**
  - Colvin, Cooper, Eason, Hawkins, Hogan, Marcum, Nieporte, Rice, Ronnoh, VanDerMosten

- **Kenya (4)**
  - Kemboi, Kiptoo, Mutuse, Ronnoh

- **New Zealand (1)**
  - Jones

- **Ohio (2)**
  - Diesel, Lowe

- **Pennsylvania (1)**
  - O’Malley

- **South Carolina (1)**
  - Willis

- **Tennessee (1)**
  - Migun

- **Uganda (1)**
  - Kimuli
The Eastern Kentucky University men’s track and field team will be paced by a strong distance squad in 2011.

Sophomore Soufiane Bouchikhi led the men’s cross country team to a resounding 1-5 sweep at the OVC Championships in the fall and is poised to emerge onto the national scene in track this spring. The native of Antwerp, Belgium is ranked in the top-50 in the country in the 3,000 meters after winning the event at the Notre Dame Alex Wilson Invitational last year with a time of 7:59.20 and, in doing so, provisionally qualifying for NCAA Indoor National Championships.

Bouchikhi will be pushed throughout the season by a slew of talented teammates. Junior Evans Kiptoo, who redshirted last year’s track season, is a four-time OVC track champion and a two-time first team All-OVC competitor while junior David Mutuse won the 3,000-meter steeplechase at last year’s OVC Outdoor Championships. Juniors Musa Kimuli and Chris Rice, sophomores Victor Kemboi and Daniel Jones and freshman Ole Hesselbjerg were all named All-OVC during the cross country season.

The men’s sprints team will be led by senior Kristopher Hawkins, a 400 meters specialist who enters his final season looking for his first OVC title after finishing fourth in the 400 meters at the 2010 OVC Indoor Championships. Junior Gerry Cooper, who finished fourth in the 100 meters at last year’s outdoor championships and sixth in the 200 meters at last year’s indoor championships, will also be counted on to contribute in 2011.

Seniors Andrew Diesel and Robert O’Malley will handle most throwing events for the men’s team while sophomore Kyle Lowe will compete in jumping events.

“We hope to able to qualify runners for the NCAA National Championships this year, especially in the distance events,” head coach Rick Erdmann said. “But, as always, it will depend on the runners and how much dedication and work they’re willing to put in this season.”
2010: Stormed onto the OVC track and field scene by winning two individual titles at the OVC Indoor Track and Field Championships ... won the mile with a time of 4:13.42 and won the 3,000 meters with a time of 8:41.39 ... for his efforts, he was named the OVC Co-Male Freshman of the Year for the indoor season ... provisionally qualified (but ultimately did not qualify) for the NCAA Indoor National Championships when he won the 3,000 meters at the Notre Dame Alex Wilson Invitational with a time of 7:59.20 ... his time was the second fastest indoor 3,000 meters time in school history and less than a second behind Jacob Korir’s school record of 7:58.25 ... ran the second fastest outdoor 5,000 meters time in school history (behind Korir’s 13:29.12) when he placed 16th at the talent-laden Stanford Invitational with a time of 14:02.61 ... later beat that time when he nearly won the 5,000 meters with a time of 14:01.71 at the prestigious Penn Relays, losing to William and Mary’s Lewis Woodard at the finish line by just 0.2 seconds ... was named OVC Male Track Athlete of the Week for his performance at the Penn Relays ... won this third career OVC title when he won the 5,000 meters at the OVC Outdoor Track and Field Championships with a time of 15:00.37 ... did not compete at the NCAA East Region Championships due to an injury.

High School Accomplishments: Finished 11th in the junior race at the 2009 European Cross Country Championships in Dublin, Ireland ... placed seventh in the 10,000 meters at the 2009 European Junior Outdoor Track and Field Championships ... earned spots on the 2009 European junior outdoor track and field rankings in both the 5,000 meters and the 10,000 meters ... finished the 2009 season ranked sixth in the 5,000 meters and second in the 10,000 meters with personal best times of 14:18.17 and 29:58.33, respectively.

Personal: Son of Rahma Rachidi and Mohammed Bouchikhi ... major is industrial technology ... Soufiane’s favorite place in the world: Morocco.

2010: Scored points with fourth place finishes in the 100 meters (10.97) and the 200 meters (22.02) at the OVC Outdoor Championships on April 30 ... scored a point with a sixth-place finish in the 200 meters (22.43) at the OVC Indoor Championships on Feb. 26 ... also ran a season-best 6.64 in the 55 meters and competed on the 4x400 meter relay at the indoor championships.

2009: Competed at the OVC Indoor Track and Field Championships where he ran a 7.20 in the 60 meters and a 23.23 in the 200 meters ... finished fifth in the finals of the 100 meters at the OVC Outdoor Track and Field Championships with a time of 11.05 ... took seventh in the finals of the 200 meters at the outdoor championships in 22.17.

Personal: Son of Michelle Cooper-Crow ... major is business, economics and management ... Gerry’s best non-athletic talent: being cool.

2010: Finished 10th in the weight throw with a season-best toss of 41-1 at the OVC Indoor Championships on Feb. 26 ... recorded a season-best in the shot put with a throw of 36-5.75 at the IU Hoosier Hills Open on Feb. 12 ... threw a 97-8 in the hammer at the EKU Open on April 16 and a 143-2 in the javelin at the Centre Invitational on April 3.

Personal: Son of Jon and Mayellen Bohls ... Major is criminal justice ... Andrew’s best non-athletic talent: making snow angels.
2010: Finished eighth place in the 5,000 meters at the OVC Indoor Track and Field Championships with a time of 15:32.02 ... took ninth place in the 10,000 meters at the OVC Outdoor Track and Field Championships with a time of 34:08.83 ... ran the sixth fastest indoor 3,000 meters time in the OVC with an 8:39.98 at the Kentucky Rod McCravy Invitational on Jan. 29.

2009: Placed 12th at the OVC Cross Country Championships with an 8K time of 26:55.30 and was named second team All-OVC ... placed 101st at the Southeast Regional with a 10K time of 32:56.18 ... finished sixth in the 5,000 meters with a time of 15:39.51 at the OVC Indoor Track and Field Championships ... scored points with a fourth-place finish in the 10,000 meters with a time of 32:14.79 at the OVC Outdoor Track and Field Championships ... finished fourth in the 5,000 meters at the EKU Open with a time of 15:16.08.

2008: Placed 119th at the Southeast Region Cross Country Championships.

High School Accomplishments: State cross country champion of Western Australia.

Personal: Son of Neil and Tea Dreyer ... major is dietetics ... Alex’s best non-athletic talent: Mario Kart 64.

Dreyer’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>5,000 Meters</td>
<td>15:16</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>31:45</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>8:39.98</td>
</tr>
<tr>
<td>Mile</td>
<td>4:30.61</td>
</tr>
</tbody>
</table>

2010: Finished seventh in the mile with a time of 4:23.75 at the OVC Indoor Track and Field Championships ... ran an 8:46.23 3,000 meters during the indoor season at the Kentucky Rod McCravy Invitational ... Placed 11th in the 1,500 meters with a time of 4:08.23 at the OVC Outdoor Track and Field Championships ... set outdoor personal bests at the University of the Cumberlands Invitational in the 800 meters (2:03.12) and the 1,500 meters (4:06.21) ... ran his best 5,000 meters at the Centre Invitational with a time of 15:37.45.

High School Accomplishments: Four-time all-conference, three-time all-sectional and two-time all-region in cross country ... also, a four time conference champion in track and field ... finished 11th at state in the 3,200 meters as a sophomore ... twelve-time letter winner.

Personal: Son of John and Becky Fortuna ... major is computer information systems ... Brad’s favorite place in the world: Great American Ballpark.

Fortuna’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mile</td>
<td>4:23.75</td>
</tr>
<tr>
<td>1,500 Meters</td>
<td>4:06.21</td>
</tr>
<tr>
<td>3,000 Meters</td>
<td>8:46.23</td>
</tr>
</tbody>
</table>

2010: Scored points with a fourth place finish in the 400 meters (49.42) at the OVC Indoor Championships on Feb. 26 ... also a member of the men’s distance medley team which finished second at the indoor championships with a time of 10:43.58 ... took fifth in the 400 meters at the OVC Outdoor Championships on April 30 with a season-best time of 48.23 ... ran his season best in the 200 meters with a time of 22.56 at the Cumberlands Invitational on April 10.

2009: Finished fourth in the finals of the 400 meters at the OVC Indoor Track and Field Championships with a time of 50.34 ... then placed fourth in the finals of the 400 meters at the OVC Outdoor Track and Field Championships in 48.59 ... took second place in the 400 meters at the Centre Invitational with a time of 49.82 ... also runs the 200 meters, finishing 13th at the outdoor championships with a time of 22.24.

2008: Finished sixth in the finals of the 400-meter dash at the OVC Indoor Track and Field Championships with a time of 50.57 ... was a member of the winning distance medley team at the indoor championships ... also a member of the 4x400 meter relay team that finished third at the indoor championships ... a member of the winning distance medley team at the University of Tennessee Sea Ray Relays ... placed eighth in the finals of the 400-meter dash at the OVC Outdoor Track and Field Championships with a time of 51.20 ... was a member of the 4x400 meter relay team that finished fourth at the outdoor championships.

Personal: Son of Daryl and Cindy Eason ... major is industrial technology ... one interesting fact about Anthony: he lived in Korea with an exchange student for a summer.

Eason’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>800 Meters</td>
<td>2:03.77</td>
</tr>
</tbody>
</table>

2010: Finished fourth in the 1,500 meters at the OVC Indoor Track and Field Championships ... ran an 8:46.23 3,000 meters during the indoor season at the Kentucky Rod McCravy Invitational ... Placed 11th in the 1,500 meters with a time of 4:08.23 at the OVC Outdoor Track and Field Championships ... set outdoor personal bests at the University of the Cumberlands Invitational in the 800 meters (2:03.12) and the 1,500 meters (4:06.21) ... ran his best 5,000 meters at the Centre Invitational with a time of 15:37.45.

High School Accomplishments: Four-time all-conference, three-time all-sectional and two-time all-region in cross country ... also, a four time conference champion in track and field ... finished 11th at state in the 3,200 meters as a sophomore ... twelve-time letter winner.

Personal: Son of John and Becky Fortuna ... major is computer information systems ... Brad’s favorite place in the world: Great American Ballpark.

Fortuna’s Collegiate Bests

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mile</td>
<td>4:23.75</td>
</tr>
<tr>
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<td>4:06.21</td>
</tr>
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<td>3,000 Meters</td>
<td>8:46.23</td>
</tr>
</tbody>
</table>

2010: Scored points with a fourth place finish in the 400 meters (49.42) at the OVC Indoor Championships on Feb. 26 ... also a member of the men’s distance medley team which finished second at the indoor championships with a time of 10:43.58 ... took fifth in the 400 meters at the OVC Outdoor Championships on April 30 with a season-best time of 48.23 ... ran his season best in the 200 meters with a time of 22.56 at the Cumberlands Invitational on April 10.

2009: Finished fourth in the finals of the 400 meters at the OVC Indoor Track and Field Championships with a time of 50.34 ... then placed fourth in the finals of the 400 meters at the OVC Outdoor Track and Field Championships in 48.59 ... took second place in the 400 meters at the Centre Invitational with a time of 49.82 ... also runs the 200 meters, finishing 13th at the outdoor championships with a time of 22.24.

2008: Finished sixth in the finals of the 400-meter dash at the OVC Indoor Track and Field Championships with a time of 50.57 ... was a member of the winning distance medley team at the indoor championships ... also a member of the 4x400 meter relay team that finished third at the indoor championships ... a member of the winning distance medley team at the University of Tennessee Sea Ray Relays ... placed eighth in the finals of the 400-meter dash at the OVC Outdoor Track and Field Championships with a time of 51.20 ... was a member of the 4x400 meter relay team that finished fourth at the outdoor championships.
High School Accomplishments: 400 meter state champion ... 1600-meter relay back-to-back state champion ... 3,200-meter relay back-to-back state runner-up ... high school coach was Patrick Rowland.

Personal: Son of Alicia Fredrick ... major is criminal justice ... Kris’s favorite place in the world: New York City.

Hawkins' Collegiate Bests

2010: Ran season-best times in the 200 meters (23.30) and the 400 meters (52.08) at the EKU Open on April 16 ... was also a member of the winning 4x400 meter relay team at the EKU Open (3:35.60).

High School Accomplishments: Four-time state qualifier and regional junior Olympic qualifier.

Personal: Son of Robert and Tenny Hogan ... major is sports management ... one interesting fact about William: he owns 30 pairs of sunglasses and he loves Ralph Lauren Polo.

Hogan's Collegiate Bests

2010: Scored a point at the OVC Indoor Track and Field Championships with a sixth-place finish in the 5,000 meters with a time of 15:22.66 ... placed seventh in the 10,000 meters with a time of 33:05.15 at the OVC Outdoor Track and Field Championships ... ran a PR in the 1,500 meters at the University of the Cumberlands Invitational with a time of 4:07.81 ... ran his best 5,000 meters at the Raleigh Relays with a time of 15:26.68

2009: Redshirted the cross country season ... Recorded a title triumvirate at the OVC Indoor Track and Field Championships as he took home individual conference titles in the mile (4:09.32) and 3,000 meters (8:28.64) while being a member of the winning distance medley team (10:15.62) ... also won an OVC title in the 5,000 meters at the OVC Outdoor Track and Field Championships, edging teammate Joseph Maina with a time of 14:40.51 ... placed fifth in the 1,500 meters at the outdoor championships with a time of 3:59.46 ... finished 10th in the 5,000 meters at the Mideast Region Track and Field Championships with a time of 14:33.34 and was the highest sophomore finisher in the talent-laden race ... was the first collegiate finisher in the 3,000 meters at the Univ. of Kentucky Invitational, placing second to only Reebok’s John Richardson with a time of 8:13.67 ... won the mile in 4:10.00 at the MTSU Invitational ... against some of the best competition in the country at the Univ. of Arkansas Tyson Invitational, he placed fourth in the 5,000 meters with a time of 8:04.01 ... recorded a 14:20.73 in the 5,000 meters at the Mt. SAC Relays ... named OVC Male Runner of the Week twice during the track and field season.

2008: Placed third at the OVC Cross Country Championships and was named first team All-OVC ... finished 21st at the Southeast Region Championships two weeks later, earning All-Southeast Region honors.

2007: An All-American in the indoor 3,000 meters at Lindenwood University.

Personal: Son of Elizabeth C. Kimaiyo and Jonathan Kutto ... major is sports management ... Evan’s best non-athletic talent: socializing.

Kiptoo's Collegiate Bests

2010: Ran a season-best 11.18 in the 100 meters at the Cumberlands Invitational on April 10 and a season-best 23.39 in the 200 meters at the Centre Invitational on April 3 ... flashed his versatility by recording a 19-10.25 in the long jump at the EKU Open on April 16.

High School Accomplishments: Junior Olympic national qualifier ... first team all-league in the long jump.

Personal: Son of Robin Stephens ... major is chemistry/pharmacy ... one interesting fact about Kyle: he was born in Frankfurt, Germany.
2010: Won his first career OVC title in the 3,000 meter steeplechase with a time of 9:39.72 at the OVC Outdoor Track and Field Championships … also finished third in the 5,000 meters (15:15.00) and fourth in the 10,000 meters (32:21.32) at the outdoor championships … placed third in the 5,000 meters with a time of 15:17.60 at the OVC Indoor Track and Field Championships … also placed fifth in the 3,000 meters at the indoor championships with a time of 8:47.94 … named OVC Male Track Athlete of the Week on April 13 after he ran a 14:46.02 in the 5,000 meters at the UT Sea-Ray Relays on Friday, then drove up I-75 the next morning and won the 10,000 meters at the University of the Cumberlands Invitational with an OVC-best time of 30:53.36 … ran a personal best 14:40.71 in the 5,000 meters at the prestigious Penn Relays on April 23.

2009: Redshirted the cross country season … recorded two third-place finishes at the OVC Indoor Track and Field Championships, one in the 3,000 meters (8:38.59) and the other in the 5,000 meters (15:18.78) … displayed his versatility with a third-place finish in the 3,000 meter-steeplechase at the OVC Outdoor Track and Field Championships, logging a time of 9:29.59 … also finished fourth in the 5,000 meters at the outdoor championships with a time of 14:56.43 … won the 5,000 meters at the EKU Open (14:58.27) and the Centre Invitational (15:14.74).

Personal: Son of John and Joyce Mutuse … major is industrial engineering … David’s best non-athletic talent: he is a technician.

Mutuse’s Collegiate Bests
5,000 Meters - 14:40.71
3,000 Meters - 8:38.59
10,000 Meters - 30:53.36

High School Accomplishments:
Member of the Lloyd Memorial team that won the Kentucky State Indoor Track and Field Championships … his team also won the region track and field championship all four years he was there … a member of the three-time conference champion and two-time region champion 4x800 meter relay team.

Personal: Son of Tim and Betsy Nieporte … major is criminal justice … Cole’s favorite place in the world: Siesta Key, Florida.

Nieporte’s Collegiate Bests
400 Meters - 50.89
800 Meters - 1:56.74
5,000 Meters - 16:06

800/1500 • Jr.
Cole Nieporte
Erlanger, Ky. (Lloyd Memorial)

2010: Scored points with a fifth place finish in the shot put at the OVC Outdoor Championships, recording a throw of 44-3.5 … throw his personal best in the shot put at the EKU Open on April 16 when he recorded a toss of 47-3.

Personal: Son of Irene O’Malley … major is history.

O’Malley’s Collegiate Bests
Shot Put - 47-3
Discus - 110-0

2010: Finished second in the 5,000 meters with a time of 15:17.22 at the OVC Indoor Track and Field Championships … that time was also the second fastest 5,000 meters time ran during the entire indoor season in the OVC … also scored points with a fourth-place finish in the 3,000 meters at the indoor championships (8:44.73) … finished eighth in the 5,000 meters with a time of 15:36.40 at the OVC Outdoor Track and Field Championships.

2009: Named second team All-OVC after finishing ninth at the OVC Cross Country Championships with an 8K time of 26:50.16 … placed fourth on the team and 54th overall at the Southeast Regional with a 10K time of 32:07.77 … finished fifth in the 5,000 meters at the OVC Indoor Track and Field Championships with a time of 15:36.64 … placed sixth in the 10,000 meters at the OVC Outdoor Track and Field Championships, logging a time of 32:18.78 … finished eighth in the 1,500 meters at the Centre Invitational with a time of 4:09.43 … took fifth in the mile at the MTSU Invitational with a time of 4:34.20.

2008: Placed 16th at the OVC Cross Country Championships.

Personal: Son of Tara and Harold Fuson … major is sports management … Chris’s favorite place in the world: home, relaxing.

Rice’s Collegiate Bests
5,000 Meters - 15:17.22
1,500 Meters - 4:06
5,000 Meters - 16:06

1500/5000 • Jr.
Chris Rice
Versailles, Ky. (Woodford County)
2010: Was a member of the distance medley team that finished second at the OVC Indoor Track and Field Championships with a time of 10:05.27 ... ran the sixth fastest indoor mile time in the OVC at the Kentucky Invitational on Jan. 15 (4:20.50) ... scored a point at the OVC Outdoor Track and Field Championships with a sixth-place performance in the 800 meters (1:56.21).

2009: Finished sixth in the 800 meters at the OVC Outdoor Track and Field Championships with a time of 1:54.42 ... took second in the mile at the MTSU Invitational with a time of 4:22.70 ... also placed fifth in the 800 meters at the MTSU Invitational in a time of 2:00.76.

2008: Finished 11th at the OVC Cross Country Championships and garnered second team All-OVC honors ... scored points with a fourth place finish in the 1,500 meters at the OVC Outdoor Track and Field Championships with a time of 4:03.67 ... placed 13th in the 800 meters at the OVC Indoor Track and Field Championships with a time of 1:58.42 ... took 23rd in the mile at the talent-laden Rod McCravy Invitational at UK, logging a time of 4:18.62.

High School Accomplishments: Twice was a member of the state champion cross country team ... also a member of the state champion track and field team ... was a member of a 4x800 relay team that won the state championship ... holds high school records for the 4x400, 4x800, 800 meters and 5,000 meters ... high school coach was Marc Pryc.

Personal: Son of Jeff and Karen Willis ... major is graphics communication management ... one interesting fact about David: he wants to climb Mount Everest without extra oxygen.

Willis’ Collegiate Bests
1,500 Meters - 4:00.28  800 Meters - 1:54  800/3000 - 4:18.62  5,000 Meters - 15:12

2009: A transfer from American International College in Springfield, Mass. ... was the runner-up at the NCAA Division II East Regional Cross Country Championships with a 10K time of 31:01 ... finished 50th at the 2009 NCAA Division II Cross Country Championships ... was the Northeast-10 indoor mile champion ... has run personal best times of 3:55.63 in the 1,500 meters, 4:15.00 in the indoor mile and 14:36.45 in the indoor 5,000 meters.

High School Accomplishments: A graduate of Uasin Gishu High School in Eldoret, Kenya.

2009: A transfer from Makerere University in Kampala, Uganda ... a medalist at the National University Games in track and field ... finished sixth at the East African University Cross Country Championships ... was named to Uganda’s 2010 World University Cross Country Team that was scheduled to compete in Kingston, Ontario ... the team was unable to compete due to factors outside the control of the Ugandan athletes and coaches ... has run a personal best time of 14:22 in the 5,000 meters.

High School Accomplishments: A graduate of St. Stephens Secondary School in Kampala, Uganda.

Personal: Son of Nakatudde and Norah Kimuli ... major is undeclared ... Musa’s best non-athletic talent: writing and leadership.

High School Accomplishments: District champion in the mile, the 4x800 meter relay and the 4x400 meter relay.

Personal: Son of Don and Londa Marcum ... major is general business ... one interesting fact about William: he has been to all 50 states.
**Peter Migun**

**Knoxville, Tenn. (Bearden)**

**High School Accomplishments:** All-K.I.L. (Knoxville Interscholastic League) and all-region at Bearden High School in Knoxville.

**Personal:** Son of Rolf and Deni Migun … major is fire safety technology engineering … one interesting fact about Peter: he can juggle.

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**Adams Ronnoh**

**Eldoret, Kenya (Segero Adventist School)**

**High School Accomplishments:** the latest in a long line of Colonel recruits from the Great Rift Valley … a relative newcomer to running with raw talent.

**Personal:** Son of Samson Lagat and Susan Lagat … major is nursing … one interesting fact about Adams: he loves history and international affairs.

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**Sean VanDerMosten**

**Burlington, Ky. (Conner)**

**High School Accomplishments:** The 3,200 meters champion at the 2010 KHSAA Region 5 Track and Field Meet … finished seventh in the 3,200 meters at the 2010 Class AAA Kentucky State Track and Field Meet … has run a personal best time of 9:44.55 in the 3,200 meters.

**Personal:** Son of Guy and Colleen Vandermosten … major is undeclared … Sean’s best non-athletic talent: Xbox.
### Women’s Indoor Top 5

#### 60 Meters
1. Rose Gilmore 7.34 1985
2. Nicole Embry 7.40 1993
3. Candi Estes 7.43 1994
4. Diamond Benjamin 7.46 2010
5. Sandra Ward 7.50 1981

#### 200 Meters
1. Felecia Hawkins 24.28 1997
2. Diamond Benjamin 24.48 2010
3. Sheri Calhoun 24.61 2003
4. Jackie Humphrey 24.70 1988
5. Nicole Embry 24.70 1994

#### 400 Meters
1. Bianca Forbes 55.55 2010
2. Sheri Calhoun 55.61 2003
3. Lakisha Brooks 55.74 2006
4. Charmaine Byer 56.17 1987
5. Felecia Hawkins 56.66 1998

#### 800 Meters
1. Jamie King 2:08.21 1998
2. Shannon Tobias 2:11.91 2006
3. Pam Raglin 2:12.9 1986

#### Mile
1. Jamie King 4:42.90 1998
2. Pam Raglin 4:43.31 1987
3. Lydia Kosgei 4:47.69 2011
5. Linda Davis 4:50.55 1987

#### 3,000 Meters
2. Christine Snow 9:48.41 1987
4. Tama Clare 9:54.6 1991
5. Jamie King 9:56.76 1999

#### 5,000 Meters
1. Sarah Blossom 17:08.79 1999
2. Tracy Bunc 17:30.99 1992
3. Amy Clements 17:31.80 1992
4. Mandy Jones 17:38.50 1996

#### 60-Meter Hurdles
1. Jackie Humphrey 8.17 1987
2. Gracie Brown 8.41 1986
5. Cynita Hoskins 8.53 2003

#### Shot Put
1. Angie Barker 51-11.25 1986
2. Brianne Carmichael 43-6 2006
3. Colleen Beatty 42-4 1995
4. Frenchez Larkin 40-2.5 1984
5. Kathy Dodsworth 39-0.50 2002

#### 4x400 Meter Relay
1. Barney, Whitted, Westbrook, Powell 3:47.54 1990
3. Humphrey, Byer, Brown, Raglin 3:51.06 1987
5. Simmons, Chuku, Bailey, Calhoun 3:51.86 2003
## Women’s Outdoor Top 5

### 100 Meters
1. Rose Gilmore 11.56 1983
2. Nichole Gibson 11.70 2005
4. Nicole Embry 11.82 1994
5. Candi Estes 11.84 1994
Diamond Benjamin 11.84 2009

### 200 Meters
1. Sheri Calhoun 23.75 2003
2. Rose Gilmore 23.93 1985
3. Felecia Hawkins 23.94 1997
4. Jackie Humphrey 24.10 1987
5. Nichole Gibson 24.14 2005

### 400 Meters
1. Charmaine Byer 53.46 1987
2. Sheri Calhoun 53.60 2003
3. Tamiko Powell 54.79 1991
4. Lakisha Brooks 54.91 2007
5. Felecia Hawkins 55.07 1998

### 800 Meters
1. Jamie King 2:06.19 1999
2. Pam Raglin 2:07.66 1986
3. Shannon Tobias 2:10.0 2006
4. Sonja Smith 2:10.97 1996
5. Linda Davis 2:11.27 1987

### 1,500 Meters
1. Pam Raglin 4:16.84 1986
2. Jamie King 4:17.76 1998
4. Lydia Kosegi 4:28.04 2010
5. Sunshine Wilson 4:33.06 1995

### 3,000 Meters
1. Mariann Ostbye 9:26.0 1983
2. Sue Schaefer 9:27.0 1978
3. Lisa Malloy (i) 9:29.39 1989
4. Tama Clare 9:43.9 1991
5. Chris Snow (i) 9:48.41 1987

### 5,000 Meters
1. Sue Schaefer 16:05.0 1978
2. Allison Kotouch 16:50.6 1986
3. Amy Clements 16:58.8 1993
4. Sarah Blossom (i) 17:08.79 1999
5. Lisa Malloy 17:09.19 1989

### 10,000 Meters
1. Kat Pagano 36:07.10 2010
2. Sarah Blossom 36:13.15 1999
3. Amy Clements 36:22.0 1995
4. Jamie Gorrell 37:02.0 1992
5. Paula Gaston 37:13.2 1979

### 4x100 Meter Relay
1. Howard, Embry, Fomby, Estes  45.59 1993
2. Fomby, Embry, Thomas, Estes  45.63 1993
3. Fomby, Embry, Whitted, Estes  45.71 1992
4. Chuku, Bailey, Gibson, Calhoun  45.93 2003
5. Westbrook, Petty, Whitted, Estes  45.96 1991

### 100-Meter Hurdles
1. Jackie Humphrey 12.83 1988
2. Nichole Gibson 13.58 2005
4. Cyrina Hoskins 13.76 2004

### 400-Meter Hurdles
1. Teri Seippel 58.8 1980
2. Tasha Whitted 1:00.26 1991
3. Vashti Catty 1:00.70 1997
4. Nichole Gibson 1:00.77 2003
5. Iris Amos 1:01.05 1982

### Shot Put
1. Angie Barker (i) 51-11.25 1986
2. Frenchez Larkin 44-10.50 1984
3. Brianna Carmichael 44-5.26 2006
4. Colleen Beatty (i) 42-4 1995
5. Lindsey Stanley 39-3.75 2005

### Discus
1. Kathy Dodsworth 166-1 1999
2. Angie Barker 150-4 1986
3. Colleen Beatty 141-4 1995
4. Tiffany Dumas 140-2 2006
5. Shannon Hooper 131-7 2010

### Javelin
1. Angie Barker 148-8 1986
2. Marie Geisler 132-10 1979
4. Lindsey Stanley 120-8 2005
5. Janice Textor 116-7 1979

### Long Jump
1. Teri Seippel 19-6 1980
2. Lacsheia Turner 19-3 2003
3. Donna Schuh 19-2.75 1986
4. Jackie Humphrey 19-0 1984
5. Jazzmin Jeter (i) 18-9.75 2010

### Triple Jump
1. Edyth Childress 40-4 1985
2. Janiece Gibson 38-7.75 1986
3. Lacsheia Turner 37-9.5 2003
4. Anna Stewart 37-8.50 1984
5. Morgan Thacker (i) 37-0 2010

### High Jump
1. Clarissa Gregory 5-11.25 1983
2. Teri Seippel 5-9 1979
3. Betty Geohagan (i) 5-9 1983
4. Ebony Jones 5-9 2005
5. Edyth Childress 5-8 1985
6. Sue Zylstra 5-8 1993
7. Tiffany Mayfield 5-8 1994
8. Sue Schaefer 5-8 1993
9. Amy Clements 6-0 1987
10. Edyth Childress 6-0 1989

(i) - Indoor performance
### Men's Indoor Top 5

#### 60 Meters

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#### 60-Meter Hurdles

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<td>Van Foster</td>
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#### Long Jump

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#### Triple Jump

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#### High Jump

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#### 4x400 Meter Relay

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### 100 Meters

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### 200 Meters

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### 1,500 Meters

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### 100-Meter Hurdles

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### 400-Meter Hurdles

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### Discus

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### Javelin

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<td>Mark Morris</td>
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(i) - Indoor performance
### Indoor

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<td>41.06</td>
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<td>Charmaine Byer</td>
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<td>Mile</td>
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### Relays

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<th>Year</th>
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<td>4 x 800</td>
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### Relays

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Felicia Hawkins holds the EKU record in the 200 meters
Lisa Malloy holds the fastest 3,000 meters time in EKU history
From left: Melanie Bailey, Sheri Calhoun, Onyinyechi Chuku and Nichole Gibson set the school record in the 4 x 200 meter relay in 2003
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<td>Burkhard Wagner</td>
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### Relays

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<td>10:01.1</td>
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Steve Maina is the indoor 800 meters record holder at EKU

Dallas Robinson holds the EKU record in the indoor 200 meters

Jacob Korir (5,000 meters and 10,000 meters) and Shannon Davis (200 meters) both set outdoor EKU records in 2008
Men’s Cross Country Honors

OVC Runner of the Year
- Grant Colehour: 1965
- Grant Colehour: 1966
- Grant Colehour: 1967
- Grant Colehour: 1968
- Ken Silvious: 1969
- Ken Silvious: 1970
- Jay Hodge: 1984
- Peter Mundin: 1987
- William Hawes: 1988
- Bill Hoffman: 1989
- Rob Colvin: 1990
- John Nganga: 1992
- John Nganga: 1993
- John Nganga: 1994
- Mohamed Musse: 1997
- Daniel Koech: 1998
- Jacob Korir: 2004
- Jacob Korir: 2005
- Jacob Korir: 2006
- Jacob Korir: 2007
- Joseph Maina: 2008
- Wesley Ruttoh: 2009
- Soufiane Bouchikhi: 2010

OVC Freshman of the Year
- Elkana Kurgat: 2006
- Soufiane Bouchikhi: 2010

Women’s Cross Country Honors

OVC Runner of the Year
- Paula Gaston: 1979
- Susan Schaefer: 1980
- Lisa Renner: 1981
- Diane Stewart: 1982
- Barb Lane: 1983
- Chris Snow: 1984
- Allison Kotouch: 1985
- Pam Raglin: 1986
- Chris Snow: 1987
- Lisa Mallory: 1988
- Lisa Mallory: 1989
- Carena Winters: 1990
- Amy Clements: 1991
- Amy Clements: 1992
- Sunshine Wilson: 1993
- Amy Clements: 1994
- Sarah Blossom: 1995
- Jamie King: 1996
- Jamie King: 1997
- Wendee Embry: 2003
- Picoty Leitich: 2009
- Kat Fagano: 2010

OVC Freshman of the Year
- Picoty Leitich: 2009
- Hannah Miller: 2010

Academic All-Americans

Track and Field
- Roger Chapman: 1986
- Allison Kotouch: 1987
- Danny Copeland: 1989
- Lisa Mallory: 1989-90
- Amy Clements: 1993-95
- Sarah Blossom: 1997, 1999
- Daniel Blochwi tz: 1999

Cross Country
- Sarah Blossom: 1997-99

Jacob Korir is one of 14 NCAA Division I cross country runners (and three EKU cross country runners) to win four consecutive conference titles.

Sarah Blossom was a three-time Academic All-American in cross country and a two-time Academic All-American in track and field.
### Women’s Indoor Honors

**OVC Indoor Athlete of the Year**
- Jamie King 1987
- Jamie King 1988
- Lakisha Brooks 2006
- Diamond Benjamin 2010

**OVC Indoor Freshman of the Year**
- Picoty Leitich 2010

**OVC Indoor Championships Records**
- Rose Gilmore - 55 Meters (6.87) 1985
- Diamond Benjamin - 60 Meters (7.55) 2009
- Kenyea Grigsby - 60-Meter Hurdles (8.42) 2001
- Jamie King - Mile (4:51.68) 1998
- Angie Barker - Shot Put (51-1) 1986

### Women’s Outdoor Honors

**OVC Outdoor Athlete of the Year**
- Terri Seippel 1980
- Mariann Ostbye 1983
- Pam Raglin 1984
- Pam Raglin 1985
- Angie Barker 1986
- Jamie King 1997
- Jamie King 1998
- Sheri Calhoun 2003
- Nicole Gibson 2005

**OVC Outdoor Freshman of the Year**
- Diamond Benjamin 2009

**Athlete of the OVC Outdoor Championships**
- Nicole Gibson 2005

**OVC Outdoor Championships Records**
- Jackie Humphrey - 110-Meter Hurdles (13.3) 1986
- Pam Raglin - 800 Meters (2:07.71) 1986
- Mariann Ostbye - 1,500 Meters (4:28.06) 1983
- Allison Koutouch - 5,000 Meters (16:53.0) 1986
- Clarissa Gregory - High Jump (5-11.25) 1983

### Men’s Indoor Honors

**OVC Indoor Athlete of the Year**
- Larry White 1984
- John Nganga 1995
- Steve Maina 2003

**OVC Indoor Freshman of the Year**
- Jacob Korir 2005
- Elkana Kurgat 2007
- Soufiane Bouchikhi 2010

**Athlete of the OVC Indoor Championships**
- Dallas Robinson 2005
- Jacob Korir 2008

**OVC Indoor Championships Records**
- Kenny Glover - High Jump (7-2.75) 1982

### Men’s Outdoor Honors

**OVC Outdoor Athlete of the Year**
- Chris Franklin 2004
- Dallas Robinson 2005
- Jacob Korir 2008
- Stanley Mugo 2009

**OVC Outdoor Freshman of the Year**
- Elkana Kurgat 2007
- Shannon Davis 2008
- Soufiane Bouchikhi 2010

**Athlete of the OVC Outdoor Championships**
- Elkana Kurgat 2007
- Shannon Davis 2008

**OVC Outdoor Championships Records**
- Kenny Glover - High Jump (7-3) 1982

---

Terri Seippel was the first EKU woman to win OVC Outdoor Athlete of the Year in 1980

Kenny Glover holds the OVC Indoor (7-2.75) and Outdoor (7-3) Championships records in the high jump.
### Women's Indoor OVC Champions

#### 55 Meters / 60 Yards
- Rose Gilmore (6.92) 1985y
- Rose Gilmore (6.97) 1986y
- Candi Estes (7.03) 1991
- Diamond Benjamin (6.94) 2010

#### 60 Meters
- Diamond Benjamin (7.55) 2009

#### 55-Meter/60-Yard Hurdles
- Jackie Humphrey (7.99) 1985y
- Jackie Humphrey (7.93) 1986y
- Jackie Humphrey (7.92) 1988
- Robin White (8.17) 1989
- Michelle Westbrook (7.98) 1991
- Lystra Bartholomew (8.10) 1999
- Kenyetta Grigsby (7.98) 2000
- DanHeisha Harding (7.98) 2010

#### 60-Meter Hurdles
- Kenyetta Grigsby (8.55) 2001
- Cynita Hoskins (8.53) 2003
- Cynita Hoskins (8.62) 2004
- Iceca Epps (8.61) 2010

#### 200 Meters / 300 Yards
- Rose Gilmore (35.26) 1985y
- Rose Gilmore (35.36) 1986y
- Jackie Humphrey (24.94) 1988
- Felecia Hawkins (24.46) 1997
- Felecia Hawkins (24.50) 1998

#### 400 Meters / 440 Yards
- Charmine Byer (56.70) 1985y
- Charmine Byer (57.39) 1986y
- Charmine Byer (56.17) 1988

#### 800 Meters / 880 Yards
- Pam Raglin (2:19.2) 1985y
- Linda Davis (2:19.3) 1986y
- Michelle Price (2:18.3) 1993
- Jamie King (2:13.2) 1995
- Jamie King (2:13.5) 1997
- Shannon Tobias (2:15.86) 2006

#### Mile
- Pam Raglin (5:08.1) 1985
- Pam Raglin (5:01.0) 1986
- Lisa Malloy (4:57.5) 1989
- Carena Winters (5:06.9) 1990
- Carena Winters (5:01.9) 1992
- Michelle Price (5:01.2) 1993
- Michelle Price (5:03.1) 1994
- Jamie King (5:00.6) 1995
- Jamie King (5:06.4) 1996
- Jamie King (4:59.5) 1997
- Jamie King (4:51.7) 1998
- Katy Ankrom (4:58.39) 2007
- Katy Ankrom (4:55.68) 2008

#### 3,000-Meter/ Two-Mile Run
- Allison Kotouch (10:42.5) 1986m
- Tama Clare (10:04.5) 1988
- Lisa Malloy (9:56.5) 1989
- Lisa Malloy (10:17.9) 1990
- Tama Clare (10:20.7) 1991
- Amy Clements (10:14.7) 1993
- Sunshine Wilson (10:12.2) 1995
- Sarah Blossom (10:14.9) 1996

Jamie King (10:16.7) 1998

#### 5,000-Meter Run
- Jamie Gorrell (18:46.9) 1991
- Tracy Buncie (17:31.0) 1992
- Amy Clements (17:31.8) 1993
- Amy Clements (17:39.9) 1995
- Mandy Jones (17:38.5) 1996
- Sarah Blossom (17:48.0) 1997
- Sarah Blossom (17:48.9) 1998
- Wendee Embry (17:41.57) 2004
- Kat Pagano (18:16.98) 2010

#### Mile / 1,600-Meter Relay
- 1985 4:00.8
- 1986 3:55.8
- 1988 3:55.9

#### Distance Medley Relay
- 1994 12:34.8
- 1995 12:42.7
- 1997 12:31.8
- 1998 12:22.0
- 2006 12:16.10
- 2007 12:10.89

#### Two-Mile Relay
- 1985 9:38.6
- 1986 9:29.1
- 1993 9:26.8

#### Long Jump
- Lacsheia Turner (19-00.75) 2003

#### Triple Jump
- Janice Gibson (37-3.75) 1986

#### Shot Put
- Angie Barker (49-3) 1985
- Angie Barker (51-1) 1986

---

Jackie Humphrey won four OVC indoor titles before winning the 100-meter hurdles at the United States Olympic Trials in 1988 (set trials record of 12.83)
### Women's Outdoor OVC Champions

#### 100 Meters
- Sharon Walker (11.92) 1980
- Rose Gilmore (12.20) 1983
- Rose Gilmore (11.72) 1984
- Rose Gilmore (11.98) 1986
- Jackie Humphrey (12.73) 1988
- Nichole Gibson (12.08) 2003
- Nichole Gibson (11.79) 2005
- Diamon Benjamin (11.94) 2010

#### 200 Meters
- Sharon Walker (24.80) 1980
- Rose Gilmore (24.96) 1983
- Rose Gilmore (24.13) 1984
- Rose Gilmore (24.19) 1986
- Jackie Humphrey (25.18) 1988
- Felecia Hawkins (23.94) 1997
- Felecia Hawkins (24.50) 1998
- Sheri Calhoun (23.75) 2003

#### 400 Meters
- Teri Seippel (55.60) 1980
- Charmaine Byer (55.32) 1985
- Charmaine Byer (55.00) 1986
- Charmaine Byer (56.24) 1988

#### 800 Meters
- Mariann Ostbye (2:12.1) 1983
- Pam Raglin (2:15.4) 1985
- Pam Raglin (2:07.7) 1986
- Sunshine Wilson (2:16.3) 1993
- Jamie King (2:09.0) 1998
- Shannon Tobias (2:12.72) 2006

#### 1,500 Meters
- Paula Gaston (4:34.6) 1979
- Paula Gaston (4:34.5) 1980
- Sue Schaefer (4:39.4) 1981
- Maria Pazarentzos (4:45.7) 1982

#### 3,000 Meters
- Paula Gaston (10:18.7) 1980
- Sue Schaefer (9:49.1) 1981
- Maria Pazarentzos (10:20.9) 1983
- Pam Raglin (10:24.0) 1984
- Pam Raglin (10:33.9) 1985
- Linda David (9:52.6) 1986
- Lisa Malloy (10:10.0) 1988
- Allison Kotouch (10:16.5) 1989
- Tama Clare (10:09.8) 1990
- Tama Clare (10:05.3) 1991
- Amy Clements (10:05.6) 1992
- Amy Clements (10:16.8) 1993
- Amy Clements (10:17.6) 1994
- Amy Clements (10:01.9) 1995
- Mandy Jones (10:21.08) 1996
- Jamie King (10:08.6) 1997
- Jenni Brown (10:18.1) 1998
- Jamie King (9:55.1) 1999

#### 3,000-Meter Steeplechase
- Wendee Embry (10:58.86) 2003

#### 5,000 Meters
- Sue Schaefer (17:06.8) 1981
- Pam Raglin (18:16.1) 1984
- Pam Raglin (18:04.6) 1985
- Allison Kotouch (16:53.0) 1986
- Tama Clare (17:59.7) 1988
- Lisa Malloy (17:25.6) 1989
- Jamie Gorrell (18:44.9) 1990
- Stephanie Chaney (18:18) 1991
- Amy Clements (17:39.5) 1993
- Amy Hathaway (18:11.0) 1995
- Mandy Jones (17:55.0) 1996
- Mandy Jones (17:40.9) 1997
- Jenni Brown (18:06.3) 1998
- Jenni Brown (18:19.38) 2000
- Wendee Embry (18:14.73) 2003
- Kat Pagano (17:29.35) 2010

#### 10,000 Meters
- Barb Fennell (38:44.4) 1983
- Maria Pazarentzos (37:23.0) 1984
- Jamie Gorrell (37:40.0) 1991
- Jamie Gorrell (39:37.0) 1992
- Tracey Bunce (37:46.0) 1993
- Sarah Blossom (38:56.3) 1996
- Sarah Blossom (37:19.2) 1997
- Sarah Blossom (38:18.2) 1998
- Kat Pagano (38:21.07) 2009

#### 100-Meter High Hurdles
- Holly Foster (14.29) 1980

Wendee Embry is the only EKU woman to win an OVC title in the 3,000-meter steeplechase (2003, 10:58.86)

Wendee Embry (10:58.86) 2003

Kat Pagano (17:29.35) 2010

100-Meter High Hurdles
- Holly Foster (14.29) 1980

Mariann Ostbye (4:28.1) 1983
- Pam Raglin (4:34.4) 1984
- Pam Raglin (4:43.7) 1985
- Pam Raglin (4:36.2) 1986
- Lisa Malloy (4:44.2) 1987
- Tama Clare (4:42.1) 1990
- Tama Clare (4:35.1) 1991
- Tess Woods (4:41.8) 1992
- Stephanie Chaney (4:36.7) 1993
- Michelle Price (4:40.8) 1994
- Sunshine Wilson (4:35.4) 1995
- Jackie King (4:36.7) 1996
- Jackie King (4:40.9) 1997
- Jackie King (4:29.9) 1998
- Jackie King (4:35.5) 1999
- Lydia Kosgei (4:39.99) 2010

3,000 Meters
- Paula Gaston (10:18.7) 1980
- Sue Schaefer (9:49.1) 1981
- Maria Pazarentzos (10:20.9) 1983
- Pam Raglin (10:24.0) 1984
- Pam Raglin (10:33.9) 1985
- Linda David (9:52.6) 1986
- Lisa Malloy (10:10.0) 1988
- Allison Kotouch (10:16.5) 1989
- Tama Clare (10:09.8) 1990
- Tama Clare (10:05.3) 1991
- Amy Clements (10:05.6) 1992
- Amy Clements (10:16.8) 1993
- Amy Clements (10:17.6) 1994
- Amy Clements (10:01.9) 1995
- Mandy Jones (10:21.08) 1996
- Jamie King (10:08.6) 1997
- Jenni Brown (10:18.1) 1998
- Jamie King (9:55.1) 1999

3,000-Meter Steeplechase
- Wendee Embry (10:58.86) 2003

5,000 Meters
- Sue Schaefer (17:06.8) 1981
- Pam Raglin (18:16.1) 1984
- Pam Raglin (18:04.6) 1985
- Allison Kotouch (16:53.0) 1986
- Tama Clare (17:59.7) 1988
- Lisa Malloy (17:25.6) 1989
- Jamie Gorrell (18:44.9) 1990
- Stephanie Chaney (18:18) 1991
- Amy Clements (17:39.5) 1993
- Amy Hathaway (18:11.0) 1995
- Mandy Jones (17:55.0) 1996
- Mandy Jones (17:40.9) 1997
- Jenni Brown (18:06.3) 1998
- Jenni Brown (18:19.38) 2000
- Wendee Embry (18:14.73) 2003
- Kat Pagano (17:29.35) 2010

10,000 Meters
- Barb Fennell (38:44.4) 1983
- Maria Pazarentzos (37:23.0) 1984
- Jamie Gorrell (37:40.0) 1991
- Jamie Gorrell (39:37.0) 1992
- Tracey Bunce (37:46.0) 1993
- Sarah Blossom (38:56.3) 1996
- Sarah Blossom (37:19.2) 1997
- Sarah Blossom (38:18.2) 1998
- Kat Pagano (38:21.07) 2009

100-Meter High Hurdles
- Holly Foster (14.29) 1980
All-Time OVC Champions

### 400-Meter Intermediate Hurdles
- **Teri Seippel (59.5)** in 1980
- **Iris Amos (1:01.0)** in 1982
- **Grace Brown (1:01.3)** in 1985
- **Robin White (1:05.7)** in 1986
- **Tasha Whitted (1:03.0)** in 1990
- **Tasha Whitted (1:00.3)** in 1991
- **Tasha Whitted (1:01.0)** in 1992
- **Tasha Whitted (1:02.8)** in 1993
- **Vashii Canty (1:02.2)** in 1998
- **Nichole Gibson (1:01.05)** in 2005

### 400-Meter/440-Yard Relay
- **1983:** 46.58
- **1985:** 47.75
- **1986:** 47.40
- **1988:** 47.49
- **1992:** 45.71
- **1993:** 45.63
- **2001:** 46.49
- **2010:** 46.65

### 1,600-Meter/4X440-Yard Relay
- **1983y:** 3:46.9
- **1984y:** 3:56.7
- **1985:** 3:58.9
- **1986:** 3:51.0
- **1988:** 3:52.1
- **1989y:** 3:49.3

### High Jump
- **Deanne Madden (5-7)** in 1980
- **Clarissa Gregory (5-11.25)** in 1983
- **Ebony Jones (5-09.00)** in 2005

### Long Jump
- **Lacy Turner (19-03)** in 2003

### Triple Jump
- **Janice Gibson (38-0)** in 1984
- **Edyth Childress (38-6.5)** in 1985
- **Janice Gibson (38-0)** in 1986

### Discus
- **Kate Merchant (116-10.25)** in 1979
- **Wanda Bottoms (118-5)** in 1983
- **Angie Barker (135-11)** in 1985
- **Angie Barker (144-2)** in 1986
- **Christine Guth (113-7)** in 1990
- **Colleen Beatty (138-0)** in 1994
- **Kathy Dodsworth (155-4)** in 1999
- **Kathy Dodsworth (153-6)** in 2001

### Heptathlon
- **Janice Gibson (4,415)** in 1985
- **Janice Gibson (4,385)** in 1986

### Javelin
- **Marie Geisler (128-8)** in 1979

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### Men’s Indoor OVC Champions

#### 55-Meter/60-Yard Dash
- **Ricky White (6.30HT)** in 1983y
- **Shannon Davis (6.35)** in 2008

#### 60-Meter Dash
- **Roosevelt Turner (6.86)** in 2002
- **Dallas Robinson (6.91)** in 2003
- **Marvin Elmore (6.71)** in 2004
- **Dallas Robinson (6.83)** in 2005

#### 55-Meter/60-Yard High Hurdles
- **Mike Van Kruchten (7.45)** in 2008

#### 200-Meter/300-Yard Run
- **Kevin Johnson (30.49)** in 1983y
- **Dallas Robinson (21.61)** in 2005
- **Shannon Davis (21.71)** in 2008

#### 400-Meter/440-Yard Run
- **Mike Carter (48.71)** in 1986y
- **Arnold Payne (46.94)** in 1994m
- **Arnold Payne (47.42)** in 1995m

#### 800-Meter/880-Yard Run
- **Kelvin Lewis (1:53.1HT)** in 1981y
- **Kelvin Lewis (1:53.0HT)** in 1982y
- **Andre Fincher (1:52.3)** in 1983y
- **Andre Fincher (1:53.4HT)** in 1984y
- **Roger Chapman (1:52.8)** in 1985y
- **Bryan Lucas (1:52.5)** in 1994m
- **Steve Maina (1:53.63)** in 2003m
- **Steve Maina (1:51.76)** in 2004
- **Steve Maina (1:52.54)** in 2005
- **Steve Maina (1:54.15)** in 2006

---

Shannon Davis won the 55 meters and the 200 meters at the OVC Indoor Championships.
### All-Time OVC Champions

#### Mile/1,500-Meter Run
- Andy Ueller (4:13.9HT) 1984 y
- Tim Menocher (4:16.1) 1994 y
- Steve Maina (4:17.11) 2003 y
- Jacob Korir (4:11.46) 2006
- Jacob Korir (4:11.52) 2008
- Evans Kiptoo (4:09.32) 2009
- Soufiane Bouchikhi (4:13.42) 2010

#### 3,000-Meters/Two-Mile Run
- Tim Menocher (8:43.3) 1991 m
- John Nganga (8:40.3) 1995 m
- David Machungo (8:28.8) 2000 m
- Jacob Korir (8:20.08) 2006
- Jacob Korir (8:23.41) 2008
- Evans Kiptoo (8:28.64) 2009
- Soufiane Bouchikhi (8:41.39) 2010

#### 5,000-Meters/Three-Mile Run
- John Nganga (14:48.0) 1994 m
- John Nganga (14:49.8) 1995 m
- Ken O’Shea (15:03.0) 1997 m
- Alan Horton (14:53.4) 2001 m
- Jacob Korir (15:06.89) 2006
- Jacob Korir (15:00.54) 2008

#### Distance Medley Race
- 1994 m: 10:11.4
- 1997 m: 10:22.7
- 2005: 10:08.29
- 2008: 10:01.46
- 2009: 10:15.65

#### Mile/1,600-Meter Relay
- 1994 m: 3:12.8
- 1995 m: 3:16.2

#### Two-Mile Relay
- 1983: 7:40.7

#### 600 Yards
- Brian Robinson (1:10.6HT) 1976

#### 1,000-Yard/1,000-Meter Run
- Ron King (2:11.8) 1982
- Andy Mueller (2:21.2) 1984

#### High Jump
- Ken Glover (7-2) 1981
- Ken Glover (7-2.75) 1982
- Tyrone Walker (6-07) 2002

#### Long Jump
- Larry White (24-3.5) 1984
- Vince Scott (24-3) 1985

#### Triple Jump
- Larry White (30-4) 1994
- Hilary Mawandi (51-5) 1995

### Men’s Outdoor OVC Champions

#### 100-Meter/100-Yard Dash
- Jack Bond (10.30) 1950 y
- Roosevelt Turner (10.80) 2001
- Roosevelt Turner (10.47) 2002
- Dallas Robinson (10.48) 2003
- Marvin Ellmore (10.47) 2004
- Shannon Davis (10.39) 2008

#### 200-Meter/220-Yard Dash
- Jack Bond (22.90) 1950 y
- Jack Torlene (22.50) 1954 y
- Jack Jackson (22.40) 1963 y
- Jack Jackson (21.90) 1964 y
- Tyrone Harbut (20.90) 1973 y
- Dallas Robinson (21.33) 2004
- Dallas Robinson (21.04) 2005
- Shannon Davis (20.68) 2008

#### 400-Meter/440-Yard Dash
- Billy Rucker (51.40) 1954 y
- Billy Rucker (50.40) 1956 y
- Billy Rucker (49.60) 1957 y
- Tyrone Harbut (47.40) 1974 y
- Bryan Robinson (47.31) 1976 y
- Arnold Payne (46.64) 1995
- Shannon Davis (47.50) 2009

#### 800-Meter/880-Yard Run
- Jerome Beazley (1:53.7) 1963 y
- Larry Whalen (1:52.2) 1964 y
- Kelvin Lewis (1:49.2) 1981
- Kelvin Lewis (1:50.3) 1982
- Andre Finchner (1:53.3) 1983
- Andre Finchner (1:51.2) 1984
- Roger Chapman (1:55.6) 1985
- Jeff Goodwin (1:52.2) 1986
- Brian Lucas (1:53.6) 1994
- Brian Lucas (1:51.8) 1995
- Phil Scott (1:51.9) 2002
- Steve Maina (1:50.62) 2004
- Steve Maina (1:50.10) 2005
- Elkana Kurgat (1:51.00) 2007
- Elkana Kurgat (1:49.64) 2008

#### 3,000-Meter Steeplechase
- Ian Horton (9:27.70) 2002
- Stanley Mugo (9:13.73) 2008
- Stanley Mugo (9:11.94) 2009
- David Mutuse (9:39.72) 2010

#### 1,500-Meter/Mile Run
- Gordon Fleck (4:46.2) 1953 y
- Larry Whalen (4:18.8) 1963 y
- Larry Whalen (4:14.0) 1965 y
- Larry Whalen (4:11.7) 1966 y
- Grant Colehour (4:12.9) 1968 y
- Grant Colehour (4:08.1) 1969 y
- Ron King (3:54.7) 1983
- Andy Mueller (3:51.7) 1984
- Roger Chapman (4:01.5) 1985
- Tim Menocher (3:56.4) 1992
- Phil Scott (3:58.0) 2002
- Elkana Kurgat (3:50.93) 2007
- Paul Stemmmerman (3:59.29) 2008
- Joseph Maina (3:53.47) 2009
- Christopher Rengifo (3:54.19) 2010
3,000-Meter/ Two-Mile Run
James Beasley (9:29.2) 1964y
Billy McAnelly (9:29.5) 1965y
Bill Hoffman (8:53.8) 1989
David Hawes (8:42.1) 1992
John Nganga (8:38.7) 1993

5,000-Meter/ Three-Mile Run
Grant Colehour (14:45.6) 1966y
Grant Colehour (14:30.0) 1967y
Ken Silvious (14:23.0) 1968y
Grant Colehour (14:23.4) 1969y
Ken Silvious (13:58.1) 1970y
Steve Duffy (15:34.6) 1984
Rob Colvin (15:33.0) 1992
John Nganga (15:09.4) 1993
John Nganga (14:55.6) 1994
John Nganga (14:52.6) 1995
David Machungo (14:56.4) 1997
David Machungo (15:00.2) 1999
Jacob Korir (14:26.34) 2006
Joseph Maina (14:37.36) 2008
Evans Kiptoo (14:40.51) 2009
Soufiane Bouchikhi (15:00.37) 2010

10,000-Meter Run
Mohamed Khayr (31:43.1) 1999
Joseph Maina (30:23.74) 2010

110-Meter/ 120 Yard High Hurdles
John Jones (15.50) 1951y
Carey Guess (14.20) 1966y
Carey Guess (14.40) 1967y
Jim Wood (14.60) 1969y
Gary Moore (13.9) 1977
Dennis Toole (14.43) 1992
Chris Franklin (14.35) 2003
Chris Franklin (14.21) 2004
Mike Van Kruchten (14.18) 2008
Andre Evans (14.76) 2009

400-Meter/ 440-Yard Intermediate Hurdles
Daniel Blochwitz (51.96) 1996
Daniel Blochwitz (51.78) 1999
Chris Franklin (51.29) 2004

220-Yard Low Hurdles
John Jones (27.70) 1951

400-Meter/ 440-Yard Relay
2002 40.64
2003 40.93
2004 40.47
2007 41.02

1,600-Meter/ Mile Relay
1953y 3:33.0
1954y 3:30.7
1955y 3:34.4
1957y 3:30.0
1965y 3:12.1
1967y 3:15.9
1968y 3:15.1
1976y 3:11.1
1986 3:11.5
1995 3:11.9

High Jump
Jim Bingham (5-9) 1952
Clayton Stivers (6-4.5) 1958
Clayton Stivers (6-2.5) 1959

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<td>5. Austin Peay</td>
<td>5. Morehead State</td>
<td>5. Austin Peay</td>
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|-------------------|-------------------|-------------------|-------------------|
## Indoor TF 1990-91
1. Middle Tennessee
2. Murray State
3. Eastern Kentucky
4. Tennessee State
5. Austin Peay

## Indoor TF 1991-92
1. Murray State
2. Middle Tennessee
3. Eastern Kentucky
4. Southeast Missouri
5. Tennessee State
6. Austin Peay
7. Morehead State

## Indoor TF 1992-93
1. Eastern Kentucky
2. Murray State
3. Middle Tennessee
4. Southeast Missouri
5. Tennessee State
6. Austin Peay
7. Morehead State

## Indoor TF 1993-94
1. Middle Tennessee
2. Eastern Kentucky
3. Southeast Missouri
4. Murray State
5. Tennessee State
6. Austin Peay
7. Tennessee Tech
8. Morehead State/UT Martin

## Indoor TF 1994-95
1. Middle Tennessee
2. Southeast Missouri
3. Eastern Kentucky
4. Tennessee State
5. Austin Peay
6. Murray State
7. Tennessee-Martin
8. Tennessee Tech
9. Morehead State

## Indoor TF 1995-96
1. Middle Tennessee
2. Southeast Missouri
3. Eastern Kentucky
4. Tennessee State
5. Murray State
6. Tennessee-Martin
7. Austin Peay
8. Tennessee Tech
9. Morehead State

## Indoor TF 1996-97
1. Southeast Missouri
2. Eastern Kentucky
3. Middle Tennessee
4. Tennessee State
5. Eastern Illinois
6. Murray State
7. Tennessee-Martin
8. Austin Peay
9. Tennessee Tech
10. Morehead State

## Indoor TF 1997-98
1. Southeast Missouri
2. Eastern Kentucky
3. Middle Tennessee
4. Eastern Illinois
5. Tennessee State
6. Tennessee-Martin
7. Austin Peay
8. Morehead State
9. Murray State
10. Tennessee Tech

## Indoor TF 1998-99
1. Eastern Kentucky
2. Southeast Missouri
3. Tennessee State
4. Eastern Illinois
5. Middle Tennessee
6. Austin Peay
7. Morehead State
8. Tennessee-Martin
9. Murray State
10. Tennessee Tech

## Indoor TF 1999-2000
1. Southeast Missouri
2. Eastern Kentucky
3. Middle Tennessee
4. Eastern Illinois
5. Austin Peay
6. Tennessee State
7. Morehead State
8. Tennessee-Martin
9. Murray State
10. Tennessee Tech

## Indoor TF 2000-01
1. Austin Peay
2. Tennessee State
3. Eastern Kentucky
4. Southeast Missouri
5. Eastern Illinois
6. Austin Peay
7. Morehead State
8. Tennessee Tech

## Indoor TF 2001-02
1. Tennessee State
2. Eastern Kentucky
3. Southeast Missouri
4. Austin Peay
5. Eastern Kentucky
6. Morehead State
7. Murray State

## Indoor TF 2002-03
1. Tennessee State
2. Southeast Missouri
3. Eastern Kentucky
4. Eastern Illinois
5. Austin Peay
6. Morehead State
7. Murray State
8. Tennessee-Martin
9. Tennessee Tech

## Indoor TF 2003-04
1. Southeast Missouri
2. Eastern Kentucky
3. Eastern Illinois
4. Tennessee State
5. Samford
6. Austin Peay
7. Murray State
8. Tennessee Tech

## Indoor TF 2004-05
1. Southeast Missouri
2. Eastern Kentucky
3. Tennessee State
4. Samford
5. Eastern Kentucky
6. Jacksonville State
7. Austin Peay
8. Murray State
9. Tennessee Tech
10. Morehead State

## Indoor TF 2005-06
1. Southeast Missouri
2. Tennessee State
3. Eastern Kentucky
4. Samford
5. Eastern Illinois
6. Austin Peay
7. Jacksonville State
8. Murray State
9. Tennessee Tech
10. Morehead State

## Indoor TF 2006-07
1. Eastern Illinois
2. Tennessee State
3. Southeast Missouri
4. Eastern Kentucky
5. Samford
6. Jacksonville State
7. Murray State
8. Austin Peay
9. Morehead State
10. Tennessee Tech

## Indoor TF 2007-08
1. Tennessee State
2. Eastern Illinois
3. Jacksonville State
4. Murray State
5. Samford
6. Southeast Missouri
7. Eastern Kentucky
8. Austin Peay
9. Tennessee Tech

## Indoor TF 2008-09
1. Eastern Illinois
2. Southeast Missouri
3. Murray State
4. Tennessee State
5. Eastern Kentucky
6. Austin Peay
7. Jacksonville State
8. Tennessee Tech

## Indoor TF 2009-10
1. Eastern Illinois
2. Southeast Missouri
3. Murray State
4. Samford
5. Eastern Kentucky
6. Austin Peay
7. Jacksonville State
8. Tennessee Tech
| Outdoor TF 1986 | 1. Eastern Kentucky  
2. Akron  
3. Murray State  
4. Middle Tennessee  |
| Outdoor TF 1990 | 1. Eastern Kentucky  
2. Murray State  
3. Middle Tennessee  
4. Tennessee State  
5. Austin Peay  |
| Outdoor TF 1992 | 1. Eastern Kentucky  
2. Murray State  
3. Middle Tennessee  
4. Southeast Missouri  
5. Tennessee State  
6. Austin Peay  
7. Tennessee Tech  
8. Morehead State  |
| Outdoor TF 1993 | 1. Eastern Kentucky  
2. Southeast Missouri  
3. Middle Tennessee  
4. Murray State  
5. Austin Peay  
6. Morehead State  
8. Tennessee Tech  
9. Tennessee-Martin  |
| Outdoor TF 1994 | 1. Middle Tennessee  
2. Southeast Missouri  
3. Eastern Kentucky  
4. Eastern Illinois  
5. Austin Peay  
6. Tennessee Tech  
7. Morehead State  |
| Outdoor TF 1995 | 1. Middle Tennessee  
2. Southeast Missouri  
3. Eastern Kentucky  
4. Tennessee State  
5. Austin Peay  
6. Murray State  
7. Tennessee-Martin  
8. Morehead State  |
| Outdoor TF 1996 | 1. Southeast Missouri  
2. Eastern Kentucky  
3. Tennessee State  
4. Eastern Illinois  
5. Austin Peay  
6. Murray State  
7. Tennessee-Martin  
9. Morehead State  |
| Outdoor TF 1997 | 1. Southeast Missouri  
2. Eastern Kentucky  
3. Middle Tennessee  
4. Tennessee State  
5. Eastern Illinois  
6. Murray State  
7. Tennessee-Martin  
9. Austin Peay  
9. Tennessee Tech/Morehead State  |
| Outdoor TF 1998 | 1. Southeast Missouri  
2. Eastern Kentucky  
3. Middle Tennessee  
4. Eastern Illinois  
5. Tennessee State  
6. Tennessee-Martin  
7. Austin Peay  
8. Morehead State  
9. Murray State  
10. Tennessee Tech  |
| Outdoor TF 1999 | 1. Eastern Kentucky  
2. Southeast Missouri  
3. Tennessee State  
4. Eastern Illinois  
5. Middle Tennessee  
6. Austin Peay  
7. Morehead State  
8. Tennessee-Martin  
9. Murray State  
10. Tennessee Tech  |
| Outdoor TF 2000 | 1. Southeast Missouri  
2. Eastern Kentucky  
3. Tennessee State  
4. Eastern Illinois  
5. Austin Peay  
6. Tennessee State  
7. Tennessee-Martin  
8. Morehead State  
9. Tennessee Tech  
10. Murray State  |
| Outdoor TF 2001 | 1. Tennessee State  
2. Southeast Missouri  
3. Austin Peay  
4. Eastern Kentucky  
5. Eastern Illinois  
6. Morehead State  
7. Tennessee Tech  
8. Tennessee-Martin  
9. Murray State  |
| Outdoor TF 2002 | 1. Tennessee State  
2. Eastern Illinois  
3. Southeast Missouri  
4. Austin Peay  
5. Eastern Kentucky  
6. Morehead State  
7. Murray State  
8. Tennessee Tech  |
| Outdoor TF 2003 | 1. Southeast Missouri  
2. Eastern Kentucky  
3. Tennessee State  
4. Eastern Illinois  
5. Austin Peay  
6. Murray State  
7. Tennessee Tech  
8. Morehead State  |
| Outdoor TF 2004 | 1. Southeast Missouri  
2. Eastern Kentucky  
3. Tennessee State  
4. Eastern Illinois  
5. Austin Peay  
6. Murray State  
7. Austin Peay  
8. Jacksonville State  
9. Morehead State  |
| Outdoor TF 2005 | 1. Southeast Missouri  
2. Eastern Kentucky  
3. Samford  
4. Tennessee State  
5. Eastern Kentucky  
6. Murray State  
7. Austin Peay  
8. Jacksonville State  
9. Morehead State  
10. Tennessee Tech  |
| Outdoor TF 2006 | 1. Southeast Missouri  
2. Jacksonville State  
3. Eastern Illinois  
4. Samford  
5. Eastern Kentucky  
6. Tennessee State  
7. Austin Peay  
8. Murray State  
9. Tennessee Tech  
10. Morehead State  |
| Outdoor TF 2007 | 1. Eastern Illinois  
2. Tennessee State  
3. Southeast Missouri  
4. Jacksonville State  
5. Murray State  
6. Samford  
7. Eastern Kentucky  
8. Austin Peay  
9. Tennessee Tech  
10. Morehead State  |
| Outdoor TF 2008 | 1. Tennessee State  
2. Samford  
3. Eastern Illinois  
4. Southeast Missouri  
5. Murray State  
6. Austin Peay  
7. Jacksonville State  
8. Tennessee Tech  
9. Eastern Kentucky  
10. Morehead State  |
| Outdoor TF 2009 | 1. Eastern Illinois  
2. Southeast Missouri  
3. Murray State  
4. Jacksonville State  
5. Austin Peay  
6. Eastern Kentucky  
7. Tennessee State  
8. Tennessee Tech  |
| Outdoor TF 2010 | 1. Eastern Illinois  
2. Southeast Missouri  
3. Eastern Kentucky  
4. Jacksonville State  
5. Tennessee Tech  
6. Austin Peay  
7. Tennessee State  
8. Murray State  
9. Morehead State  |
Men's Indoor OVC Track and Field Results, 1983-2010

<table>
<thead>
<tr>
<th>Indoor TF 1983-84</th>
<th>Indoor TF 1997-98</th>
<th>Indoor TF 2005-06</th>
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<td>2. Middle Tennessee</td>
<td>2. Middle Tennessee</td>
<td>2. Southeast Missouri</td>
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<tr>
<td>8. Austin Peay</td>
<td>8. Tennessee Tech</td>
<td></td>
</tr>
</tbody>
</table>
### Men's Outdoor OVC Track and Field Results, 1984-2010

**Outdoor TF 1984**
1. Middle Tennessee
2. Eastern Kentucky
3. Murray State
4. Akron
5. Austin Peay

**Outdoor TF 1985**
1. Middle Tennessee
2. Eastern Kentucky
3. Murray State
4. Akron
5. Austin Peay

**Outdoor TF 1986**
1. Middle Tennessee
2. Murray State
3. Eastern Kentucky
4. Austin Peay
5. Akron

**Outdoor TF 1987**
1. Middle Tennessee
2. Murray State
3. Eastern Kentucky
4. Austin Peay
5. Akron

**Outdoor TF 1988**
1. Middle Tennessee
2. Eastern Kentucky
3. Murray State
4. Akron
5. Austin Peay

**Outdoor TF 1989**
1. Middle Tennessee
2. Eastern Kentucky
3. Murray State
4. Akron
5. Austin Peay

**Outdoor TF 1990**
1. Middle Tennessee
2. Eastern Kentucky
3. Murray State
4. Akron
5. Austin Peay

**Outdoor TF 1991**
1. Middle Tennessee
2. Eastern Kentucky
3. Murray State
4. Akron
5. Austin Peay

**Outdoor TF 1992**
1. Middle Tennessee
2. Eastern Kentucky
3. Murray State
4. Akron
5. Austin Peay

**Outdoor TF 1993**
1. Middle Tennessee
2. Murray State
3. Eastern Kentucky

**Outdoor TF 1994**
1. Middle Tennessee
2. Southeast Missouri
3. Murray State
4. Eastern Kentucky
5. Tennessee State
6. Morehead State
7. Tennessee Tech

**Outdoor TF 1995**
1. Southeast Missouri
2. Middle Tennessee
3. Tennessee State
4. Eastern Kentucky
5. Murray State
6. Austin Peay
7. Tennessee-Martin
8. Tennessee Tech
9. Morehead State

**Outdoor TF 1996**
1. Southeast Missouri
2. Middle Tennessee
3. Tennessee State
4. Eastern Kentucky
5. Murray State
6. Austin Peay
7. Tennessee Tech
8. Morehead State
9. Austin Peay

**Outdoor TF 1997**
1. Eastern Illinois
2. Middle Tennessee
3. Southeast Missouri
4. Tennessee State
5. Eastern Kentucky
6. Murray State
7. Morehead State
8. Austin Peay

**Outdoor TF 1998**
1. Eastern Illinois
2. Middle Tennessee
3. Southeast Missouri
4. Eastern Kentucky
5. Tennessee State
6. Murray State
7. Morehead State

**Outdoor TF 1999**
1. Eastern Illinois
2. Middle Tennessee
3. Southeast Missouri
4. Murray State
5. Eastern Kentucky
6. Tennessee State
7. Morehead State
8. Tennessee-Martin

**Outdoor TF 2000**
1. Eastern Illinois
2. Middle Tennessee
3. Eastern Kentucky
4. Murray State
5. Southeast Missouri

**Outdoor TF 2001**
1. Eastern Illinois
2. Southeast Missouri
3. Eastern Kentucky
4. Murray State
5. Tennessee State
6. Morehead State

**Outdoor TF 2002**
1. Eastern Illinois
2. Southeast Missouri
3. Eastern Kentucky
4. Murray State
5. Morehead State

**Outdoor TF 2003**
1. Eastern Illinois
2. Southeast Missouri
3. Eastern Kentucky
4. Murray State
5. Morehead State

**Outdoor TF 2004**
1. Eastern Illinois
2. Southeast Missouri
3. Eastern Kentucky
4. Samford
5. Tennessee State
6. Morehead State

**Outdoor TF 2005**
1. Southeast Missouri
2. Eastern Illinois
3. Eastern Kentucky
4. Samford
5. Tennessee State
6. Morehead State
7. Murray State

**Outdoor TF 2006**
1. Southeast Missouri
2. Eastern Illinois
3. Tennessee State
4. Morehead State
5. Eastern Kentucky
6. Samford
7. Murray State

**Outdoor TF 2007**
1. Eastern Illinois
2. Southeast Missouri
3. Eastern Kentucky
4. Samford
5. Tennessee State
6. Morehead State

**Outdoor TF 2008**
1. Southeast Missouri
2. Eastern Illinois
3. Eastern Kentucky
4. Tennessee State
5. Samford
6. Morehead State

**Outdoor TF 2009**
1. Eastern Illinois
2. Eastern Kentucky
3. Southeast Missouri
4. Tennessee State
5. Texas-Pan American
6. Morehead State

**Outdoor TF 2010**
1. Eastern Illinois
2. Southeast Missouri
3. Eastern Kentucky
4. Tennessee State
5. Morehead State
Athletics Hall of Fame

On December 14, 2005, Eastern Kentucky University announced the creation of an Athletics Hall of Fame. The Hall of Fame’s mission is to commemorate and honor student-athletes, other individuals and teams whose accomplishments have contributed to the esteemed tradition of Colonel Athletics and whose character has reflected positively on the University.

An extraordinary group of individuals, previously recognized by the University during the 1974 Centennial Athletic Awards Banquet, were inducted into the Hall of Fame on Nov. 3, 2006. This group of 25 is called The Founders. They were joined by an inaugural class of 13 in 2006, nine members in 2007, nine members in 2008, six members and a team of distinction in 2009 and 13 members in 2010.

Of these 75 members comprising the Athletics Hall of Fame, eight were purely track and field or cross country athletes during their time at EKU. They are Grant Colehour, William Rucker, and Kenneth Silvious (Founders); Jackie Humphrey-Corbin (Inaugural class of 2006); Pamela Raglin-Andrews, John Nganga, (Class of 2007); Rose Gilmore-Skepple (Class of 2008); and Ken Glover (Class of 2010).

Grant Colehour (Founder)

A five-time All-American in track and a four-time All-American in cross country, Grant Colehour was a member of the United States final Olympic Trials team in the 10,000 meters at South Lake Tahoe in 1968, where he placed sixth. A three-time national college champion in the six-mile run, 5,000-meter run and 10,000-meter run, he was the Ohio Valley Conference cross country champion four times (1965-68) and an OVC champion in track in five events. Colehour was a member of the United States World Cross Country Team in 1966 and 1967 and ran in Europe in the summer of 1966 in such countries as Sweden, Finland, Denmark and Norway. One of the first All-Americans in the University’s history, he held EKU records in the mile, two-mile, three-mile and six-mile runs.

Billy Rucker (Founder)

Billy Rucker, one of the school’s outstanding quarter-milers, was a four-year letterman in track and participated on the freshman basketball team at Eastern. He completed his four-year career at Eastern undefeated in the 440-yard dash and led the Maroons to their first Ohio Valley Conference championship in 1957. That ‘57 season saw Rucker finish first or second in five events at the OVC meet at Murfreesboro, Tenn., including the 100-yard, 220-yard dash and 440-yard dash, broad jump and the anchor leg of the mile relay. Upon receiving his Bachelor of Science degree in industrial arts in 1959, he serve as an instrument designer with H.K. Ferguson Company in San Francisco, Calif., from 1960-62.

Ken Silvious (Founder)

Ken Silvious, two-time All-American in both cross country (1968, 1969) and track (1970, 1971), had four very successful years at Eastern. Perhaps his best came in 1970 when he placed first in every dual meet and won the Ohio Valley Conference individual championship, setting a new course record with a time of 29:16.0. Breaking records was certainly not an oddity for Silvious was able to set new course standards in six of these. Silvious won two individual OVC cross country titles and placed second his freshman and sophomore years. He placed 14th in the 1969 NCAA Cross Country Championships. Silvious still holds the Eastern record for the 3,000 meter steeplechase with a clocking of 8:44.8 set in 1970. Ohio.

Jackie Humphrey-Corbin (2006)

A 1988 Olympian who represented the United States in Seoul, Korea, Jackie Humphrey-Corbin is one of the most decorated athletes ever to compete at Eastern. Humphrey ran the sixth-fastest time ever by an American in the 100-meter hurdles (12.83 seconds) and won the U.S. Olympic track and field trials in record-setting fashion during the 1988 season. On August 29 of that year, the city of Richmond held a Jackie Humphrey Day to celebrate her accomplishments. Driven by a passion to be the best, Humphrey was a six-time NCAA All-American. She competed in the NCAA Indoor and Outdoor Championships each year of her collegiate career (1985-88). Her best finish was second place in the 1987 100-meter hurdles, a race she finished in 13.06 seconds. Following her senior season, Humphrey earned Ohio Valley Conference Female Athlete of the Year accolades.
**Pamela Raglin-Andrews (2007)**

One of the best middle distance runners in the nation during her collegiate career, Pam Raglin, as she was known during her time at EKU, was a 13-time Ohio Valley Conference champion. The 1984 and 1985 OVC Women’s Outdoor Track and Field Athlete of the Year still holds the conference mark for best 800 meters time with a 2:07.71 in 1986. Raglin claimed the OVC outdoor championship in the 800 meters (1985, 1986); 1,500 meters (1983, 1985, 1986); 3,000 meters (1985, 1986); and the 5,000 meters (1984, 1985) during her career. Raglin’s time of 4:16.84 in the 1,500 meters during the 1986 season is still the EKU women’s outdoor record. Also in 1986, Raglin was selected as the OVC Cross Country Runner of the Year. She won the three-mile championship with a time of 16:33, 11 seconds better than the runner up. Raglin also excelled at indoor track, winning the OVC title in the 800 meters and the mile in 1985. A native of Paris, Ky., Raglin-Andrews was inducted into the Kentucky High School Athletic Association Hall of Fame in 1998.

**John Nganga (2007)**

A four-time Ohio Valley Conference Cross Country Champion, John Nganga is one of the most decorated student-athletes in EKU history. Nganga swept the OVC cross country titles from 1991-94 while earning the conference’s Runner of the Year honor all four years. He led the Colonels to the OVC crown in each of those four years. Nganga won the NCAA District III Cross Country Championship and advanced to the NCAA Championships in the maroon and white. The Kenya native earned OVC Indoor Track and Field Athlete of the Year in 1995, the first of two years he led the Colonels to the league title. That year Nganga won the 3,000 meters (8:40.35) and 5,000 meters (14:49.81) at the OVC championship meet. His third indoor title was earned in 1994 when he ran a 14:47.99 in the 5,000 meters at the conference meet. Nganga won four OVC Outdoor Track and Field titles during his illustrious career. In 1993 he won the 3,000 meters (8:38.70) and the 5,000 meters (15:09.45). He successfully defended his title in the 5,000 meters in 1994 (14:55.63) and 1995 (14:52.60).

**Rose Gilmore-Skepple (2008)**

One of the greatest sprinters in the nation during her collegiate career, Rose Gilmore-Skepple was a track and field All-American on several occasions. Gilmore was ranked in the top 20 nationally for the 100 and 200 meters in 1985. The nine-time Ohio Valley Conference sprint champion holds the EKU program record in the 100 meters (11.56) and the 60 meters (7.34). Her 200-meter time of 23.93 ranks second on EKU’s all-time list. During her freshman season, Gilmore was a member of the United States World Record-setting 4x100 meter relay team. The Reading, Pa. native helped lead the Colonels to the conference indoor championship in 1985 and 1986. Gilmore established the conference record in the 55-meter dash with a time of 6.87 in 1985. The 1986 EKU Female Athlete of the Year competed in the NCAA Track and Field Championships as a senior.

**Ken Glover (2010)**

Ken Glover lettered four seasons for coach Rick Erdmann’s Eastern men’s track and field team in the high jump event. He was a four-time high jump champion in the Ohio Valley Conference and was a member of the OVC’s prestigious 40th anniversary track and field team in 1988. He won the OVC indoor high jump title in 1981 with a leap of 7-2 and the conference indoor championship in 1982 with his 7-2.25 mark. Glover followed those efforts up with OVC outdoor high jump titles in 1981 (7-2.5) and 1982 (7-3), the latter of which still stands as the conference record. He was listed in 1980 with the 10th best high jump in the United States. Glover also owns the school record for best indoor high jump with his mark of 7-4.25 in 1981 and has the school outdoor mark for best high jump with his leap of 7-5 in 1982.
### Men's Indoor Qualifying Standards

<table>
<thead>
<tr>
<th>Event</th>
<th>FAT</th>
<th>MT</th>
<th>FAT</th>
<th>MT</th>
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<tr>
<td>55 Meters</td>
<td>6.14</td>
<td>--</td>
<td>6.26</td>
<td>--</td>
</tr>
<tr>
<td>60 Meters</td>
<td>6.60</td>
<td>--</td>
<td>6.71</td>
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<tr>
<td>55-Meter Hurdles</td>
<td>7.17</td>
<td>--</td>
<td>7.38</td>
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<tr>
<td>60-Meter Hurdles</td>
<td>7.70</td>
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<td>7.91</td>
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<td>200 Meters</td>
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<td>21.88</td>
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<tr>
<td>(Under 200m/220 yds)*</td>
<td>21.23</td>
<td>--</td>
<td>21.63</td>
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<tr>
<td>(Banked or Over 200m/220 yds)*</td>
<td>20.83</td>
<td>-</td>
<td>21.23</td>
<td>-</td>
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<td>400 Meters</td>
<td>47.11</td>
<td>46.9</td>
<td>48.25</td>
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<tr>
<td>(Under 200m/220 yds)*</td>
<td>46.75</td>
<td>46.5</td>
<td>47.85</td>
<td>47.6</td>
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<tr>
<td>(Banked or Over 200m/220 yds)*</td>
<td>46.15</td>
<td>45.9</td>
<td>47.25</td>
<td>47.0</td>
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### Women's Indoor Qualifying Standards

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<tr>
<td>55 Meters</td>
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<td>55-Meter Hurdles</td>
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<tr>
<td>(Banked or Over 200m/220 yds)*</td>
<td>23.20</td>
<td>-</td>
<td>23.90</td>
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<td>52.3</td>
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<tr>
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<td>2.06</td>
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<tr>
<td>(Banked or Over 200m/220 yds)*</td>
<td>2.05</td>
<td>2.04</td>
<td>2.07</td>
<td>2.06</td>
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<td>1,500 Meters*</td>
<td>3.99</td>
<td>3.99</td>
<td>4.12</td>
<td>4.09</td>
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### Men's Outdoor Qualifying Standards

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<tr>
<td>400 Meters</td>
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<td>+0.11/0.21</td>
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<tr>
<td>800 Meters</td>
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</tr>
<tr>
<td>1,500 Meters</td>
<td>3:45.50</td>
<td>3:45.2</td>
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<tr>
<td>3,000-Meter Steeple</td>
<td>5:56.00</td>
<td>5:57.5</td>
</tr>
<tr>
<td>5,000 Meters</td>
<td>14:00.00</td>
<td>13:57.4</td>
</tr>
<tr>
<td>10,000 Meters</td>
<td>26:24.60</td>
<td>26:24.4</td>
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<tr>
<td>110-Meter Hurdles</td>
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<td>400-Meter Hurdles</td>
<td>51.74</td>
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<tr>
<td>400-Meter Relay</td>
<td>40.19</td>
<td>+0.12/0.24</td>
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<td>440-Yard Hurdles</td>
<td>1:00.56</td>
<td>+0.12/0.24</td>
</tr>
<tr>
<td>1,600-Meter Relay</td>
<td>3:09.10</td>
<td>+0.44/0.84</td>
</tr>
<tr>
<td>Mile Relay</td>
<td>3:10.30</td>
<td>3:10.0</td>
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</tbody>
</table>

### Women's Outdoor Qualifying Standards

<table>
<thead>
<tr>
<th>Event</th>
<th>Adjust.</th>
<th>3k-5,999 ft+</th>
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</thead>
<tbody>
<tr>
<td>100 Meters</td>
<td>11.56</td>
<td>--</td>
</tr>
<tr>
<td>200 Meters</td>
<td>23.83</td>
<td>+0.07/0.14</td>
</tr>
<tr>
<td>400 Meters</td>
<td>54.66</td>
<td>+0.11/0.21</td>
</tr>
<tr>
<td>800 Meters*</td>
<td>2:09.61</td>
<td>--</td>
</tr>
<tr>
<td>1,500 Meters*</td>
<td>4:27.50</td>
<td>4:27.2</td>
</tr>
<tr>
<td>5,000 Meters*</td>
<td>10:30.00</td>
<td>10:29.7</td>
</tr>
<tr>
<td>10,000 Meters*</td>
<td>16:39.00</td>
<td>16:39.0</td>
</tr>
<tr>
<td>100-Meter Hurdles</td>
<td>13.65</td>
<td>--</td>
</tr>
<tr>
<td>400-Meter Hurdles</td>
<td>59.80</td>
<td>+0.11/0.21</td>
</tr>
<tr>
<td>400-Meter Relay</td>
<td>45.81</td>
<td>+0.12/0.28</td>
</tr>
<tr>
<td>440-Yard Relay</td>
<td>46.01</td>
<td>+0.12/0.28</td>
</tr>
<tr>
<td>1,600-Meter Relay</td>
<td>3:41.80</td>
<td>3:41.5</td>
</tr>
<tr>
<td>Mile Relay</td>
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<td>3:41.7</td>
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### Men's Outdoor Qualifying Standards - Metric

<table>
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<tbody>
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</tr>
<tr>
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<td>3:41.7</td>
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</table>

### Heptathlon

<table>
<thead>
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<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

f - Altitude adjustment available